







Scantic Valley YMCA Pool Schedule

September 9th - October 26th

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
LAP	WARM	LAP	WARM	LAP	WARM	LAP	WARM	LAP	WARM	LAP	WARM	LAP	WARM	
LAP SWIM 5:30 AM-8:30 AM	OPEN 5:30 AM-1:00 PM	LAP SWIM 5:30 AM-9:00 AM	OPEN 5:30 AM-8:30 AM	LAP SWIM 5:30 AM-8:30 AM	OPEN 5:30 AM-1:00 PM	LAP SWIM 5:30 AM-6:30 AM Masters 6:30 AM-7:30 AM	OPEN 5:30 AM-8:30 AM	LAP SWIM 5:30 AM-8:30 AM	OPEN 5:30 AM-1:00 PM					
Aqua Fitness 8:30 AM-9:30 AM		1/2 LAP 1/2 OPEN 9:00 AM-6:30 PM	Warm Water Conditioning 8:30 AM-9:30 AM	Aqua Fitness 8:30 AM-9:30 AM		LAP SWIM 7:30 AM-9:00AM	Warm Water Cond 8:30 AM-9:30 AM	Aqua Fitness 8:30 AM-9:30 AM		LAP SWIM 7:00 AM-9:00 AM	OPEN 7:00 AM-8:20 AM Youth Lessons	LAP SWIM 8:00 AM-9:15 AM	OPEN 8:00 AM-4:30 PM	
1/2 LAP 1/2 OPEN 9:30 AM-4:30 PM			Youth Lessons 9:30 AM-11:00 AM	1/2 LAP 1/2 OPEN 9:30 AM-4:30 PM		1/2 LAP 1/2 OPEN 9:00 AM-10:00AM		1/2 LAP 1/2 OPEN 9:30 AM-8:00 PM		Youth Lessons 9:00 AM-12:00 PM	8:20 AM-12:00 PM	Aqua Zumba 9:15 AM-10:15 AM		
			OPEN 11:00 AM-12:15 PM	Warm Water Conditioning 12:15 PM-1:00 PM		Youth Lessons 10:00 AM-11:00 AM	Youth Lessons 9:30 AM-11:00 AM	1/2 LAP 1/2 OPEN 10:00 AM-11:00 AM	1/2 LAP 1/2 OPEN 9:30 AM-8:00 PM		1/2 LAP 1/2 OPEN 12:00 PM-5:30 PM	OPEN 12:00 PM-5:30 PM	1/2 LAP 1/2 OPEN 10:15 AM-4:30 PM	
			Gentle Joints 1:00 PM-1:45 PM	Gentle Joints 1:00-1:45 PM		Gentle Joints 1:00 PM-1:45 PM	Gentle Joints 1:00-1:45 PM	Gentle Joints 1:00-1:45 PM	Gentle Joints 1:00-1:45 PM		Birthdays  1:00 PM-3:00 PM	Birthdays  1:00 PM-3:00 PM	Birthdays  1:00 PM-3:00 PM	Birthdays  1:00 PM-3:00 PM
	 Rehab 2:00 PM-3:00 PM OPEN 3:00 PM-4:30 PM		OPEN 1:45-9:30 PM		 Rehab 2:00 PM-3:00 PM OPEN 3:00 PM-4:30 PM		OPEN 1:45-9:30 PM							
Youth Lessons 4:30 PM-7:15 PM	Youth Lessons 4:30 PM-7:15 PM			Youth Lessons 4:30 PM-7:15 PM	Youth Lessons 4:30 PM-7:15 PM									
		Adult Lessons 6:30 - 7:15 PM 7:15 - 8:00 PM				Special Olympics 9/19 to 11/21 6:00 PM - 7:15 PM			Member & Family Swim 6:00 PM-8:00 PM					
Aqua Fitness 1 Lap Lane OPEN 7:30 PM-8:30 PM	OPEN 7:15 PM-9:30 PM	Masters 8:00 PM-9:00 PM		Aqua Fitness 1 Lap Lane OPEN 7:30 PM-8:30 PM	OPEN 7:15 PM-9:30 PM									
LAP SWIM 8:30 PM-9:30 PM		LAP SWIM 9:00 PM-9:30 PM		LAP SWIM 8:30 PM-9:30 PM		LAP SWIM 9:00 PM-9:30 PM		LAP SWIM 8:00 PM-8:30 PM						

Portions of the pool will be available ve available when you see this symbol 

*Private swim lessons run sporatically throughout the week and require parts of the pool. Please check with lifeguard day of in order to confirm open areas.