



Programs: Master's Swim Program starting this month on Sat 8-9am; Jr LG class Tues 2-4pm or 4-6pm

**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

Eels Swim meet: 1/26/18- pool will be closed all day except for lessons in am

## Eastern Lycoming Pool Schedule Jan 21st-March 4th

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
5:45	3 lap lanes <b>OPEN SWIM</b>	3 lap lanes <b>OPEN SWIM</b>	3 lap lanes <b>OPEN SWIM</b>	3 lap lanes <b>OPEN SWIM</b>	3 lap lanes <b>OPEN SWIM</b>			5:45
6:30	3 lap lanes <b>OPEN SWIM</b>	3 lap lanes <b>OPEN SWIM</b>	3 lap lanes <b>OPEN SWIM</b>	3 lap lanes <b>OPEN SWIM</b>	3 lap lanes <b>OPEN SWIM</b>			7:00
8:00	2 lap lanes <b>Water Aerobics</b>	2 lap lanes <b>Water Aerobics</b>	2 lap lanes <b>Water Aerobics</b>	3 lap lanes <b>OPEN SWIM</b>	2 lap lanes <b>Water Aerobics</b>	<b>Pool Closed Master's Swim</b>		8:00
9:00	2 lap lanes <b>Fit &amp; Tone</b>	2 lap lanes <b>OPEN SWIM</b>	2 lap lanes <b>Fit &amp; Tone</b>	3 lap lanes <b>OPEN SWIM</b>	2 lap lanes <b>Fit &amp; Tone</b>	<b>Pool Closed Swim Lessons</b>		9:00
10:00	2 lap lane <b>Water Fitness</b>	2 lap lanes <b>OPEN SWIM</b>	2 Lap Lanes <b>Preschool</b>	2 lap lanes <b>Water Fitness</b>	3 lap lanes <b>OPEN SWIM</b>	<b>Pool Closed Swim Lessons</b>		10:00
11:00	2 lap lanes <b>Strength N' Stretch</b>	2 lap lanes <b>OPEN SWIM</b>	2 Lap lanes <b>Preschool</b>	2 lap lanes <b>Strength N' Stretch</b>	3 lap lanes <b>OPEN SWIM</b>	2 lap lanes <b>OPEN SWIM</b> (includes parties)	<b>OPENS at 12</b>	11:00
12:00pm	3 lap lanes <b>OPEN SWIM</b>	3 lap lanes <b>OPEN SWIM</b>	3 lap lanes <b>OPEN SWIM</b>	3 lap lanes <b>OPEN SWIM</b>	3 lap lanes <b>OPEN SWIM</b>	2 lap lanes <b>OPEN SWIM</b> (includes parties)	2 lap lanes <b>OPEN SWIM</b> (includes parties)	12:00pm
1:00	3 lap lanes <b>OPEN SWIM</b>	2 lap lane <b>Homeschool Lesson</b>	3 lap lanes <b>OPEN SWIM</b>	3 lap lanes <b>OPEN SWIM</b>	3 lap lanes <b>OPEN SWIM</b>	2 lap lanes <b>OPEN SWIM</b> (includes parties)	2 lap lanes <b>OPEN SWIM</b> (includes parties)	1:00
2:00	3 lap lanes <b>OPEN SWIM</b>	3 lap lanes <b>OPEN SWIM</b> <b>Jr LG Class</b>	3 lap lanes <b>OPEN SWIM</b>	3 lap lanes <b>OPEN SWIM</b>	3 lap lanes <b>OPEN SWIM</b>	2 lap lanes <b>OPEN SWIM</b> (includes parties)	2 lap lanes <b>OPEN SWIM</b> (includes parties)	2:00
3:00	3 lap lanes <b>OPEN SWIM</b>	3 lap lanes <b>OPEN SWIM</b> <b>Jr LG Class</b>	3 lap lanes <b>OPEN SWIM</b>	3 lap lanes <b>OPEN SWIM</b>	3 lap lanes <b>OPEN SWIM</b>	2 lap lanes <b>OPEN SWIM</b> (includes parties)	2 lap lanes <b>OPEN SWIM</b> (includes parties)	3:00
4:00	2 lap lane <b>Water Moves</b>	3 lap lanes <b>OPEN SWIM</b> <b>YM 4:30pm</b>	3 lap lanes <b>OPEN SWIM</b>	2 lap lanes <b>Member Aerobics</b>	3 lap lanes <b>OPEN SWIM</b>	3 lap lanes <b>OPEN SWIM</b> <b>Pool Closes 4:45</b>	3 lap lanes <b>OPEN SWIM</b> <b>Pool Closes 4:45</b>	4:00

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
5:00pm	2 lap lanes No Open Swim LESSONS	1 lap lane YM Swim Team (5)	2 lap lanes No Open Swim LESSONS	1 lap lane Swim Team (5)	2 lap lanes OPEN SWIM 1 Private Lessons	Slide hours: Fri 5:30-7:30pm Sat 11:30-3:30pm Sun 12:30-3:30pm		5:00pm
5:30	2 lap lanes No Open Swim LESSONS	1 lap lane YM Swim Team (5)	2 lap lanes No Open Swim LESSONS	1 lap lane Swim Team (5)	1 lap lanes Family/Open Swim (includes parties) 1 Private Lessons			5:30
6:00	LESSONS 0 lap lanes Swim Team (6)	1 lap lane YM Swim Team (5)	LESSONS 0 lap lanes Swim Team (6)	1 lap lane Swim Team (5)	1 lap lanes Family/Open Swim (includes parties) 1 Private Lessons			6:00
7:30	0 lap lanes Swim Team (6)	1 lap lane Swim Team (5)	0 lap lanes Swim Team (6)	1 lap lane Swim Team (5)	1 lap lanes Family/Open Swim 1 Private Lessons 7:45 Close			7:00
8:00	0 lap lanes Swim Team (6)	3 lap lanes OPEN SWIM	0 lap lanes Swim Team (6)	3 lap lanes OPEN SWIM				8:00
9:00	8:45 Close	8:45 close	8:45 Close	8:45 close				9:00

**Lap Lanes:** for use by adults age 16 and over (younger swimmers with approval of Aquatics Director)

**Preschool:** Please note times labeled Preschool, there is **NO OPEN SWIM AT THIS TIME.**

**Open Swim:** is an area without lanes with a divider separating the shallow end from the deep end. This area is for both families and adults or children

Non- swimmers must remain in the shallow end and are not permitted in the deep end, even with a floatation device.

Lifejackets are available for non-swimmers.

**YM:** Youth Movement Swim Time

**Family Swim:** is when the slide is on, this is open swim time

**Jr LG Class:** ages 11-14 learn the fundamentals of Lifeguarding, water safety, 1st Aid/CPR/AED

**Master's Swim Program:** Is for 18-99 year old swimmers; a work out will be provided. Registration is online through WASC

**Paddle Board Fit:** Dates vary so please see our front desk for registrations.

**Hot Tub:** Our Hot Tub is closed every Thursday evening at 6pm for cleaning and maintenance, will reopen on Friday.

**Swim Team:** is a Youth program to swim competitively.

**Program:** refers to scheduled class. **NO OPEN SWIM AT THESE TIMES**

Water Aerobics-medium impact, Fit & Tone- low-medium impact, Water Fitness-high impact, Water Yoga- low impact

Water Moves - medium impact. Member Aerobics- medium impact.

**Member Aerobics:** member led aerobics class

\* **Please note:** that our schedule may change at times, check out our website at [www.rvrymca.org](http://www.rvrymca.org) for updates

**All members and guests agree to abide by River Valley Regional YMCA Aquatics Rules and Regulations. Please take a moment to familiarize yourself with all posted rules. The lifeguard has the authority to remove patrons for violation of facility rules.**