



Programs: Winter Swim Lessons start Nov 11th

EELS Swim Meets will be: Dec 21st

1st Aid/CPR/AED classes are Nov 21st & Dec 19th.

Lifeguarding class Dec 11th-14th

Babysitting course is Dec 27th from 9a-5p

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

## Eastern Lycoming Pool Schedule Oct 14th-Dec 31st

| Time    | Monday                                    | Tuesday  | Wednesday  | Thursday  | Friday                               | Saturday  | Sunday  | Time    |
|---------|---|--|--|---|--------------------------------------|---|---|---------|
| 5:45    | 3 lap lanes<br><b>OPEN SWIM</b>           | 3 lap lanes<br><b>OPEN SWIM</b>                  | 3 lap lanes<br><b>OPEN SWIM</b>                  | 3 lap lanes<br><b>OPEN SWIM</b>                   | 3 lap lanes<br><b>OPEN SWIM</b>      |   |   | 5:45    |
| 6:30    | 3 lap lanes<br><b>OPEN SWIM</b>           | 3 lap lanes<br><b>OPEN SWIM</b>                  | 3 lap lanes<br><b>OPEN SWIM</b>                  | 3 lap lanes<br><b>OPEN SWIM</b>                   | 3 lap lanes<br><b>OPEN SWIM</b>      |   |   | 6:30    |
| 8:00    | 2 lap lanes<br><b>Water Aerobics</b>      | 2 lap lanes<br><b>Water Aerobics</b>             | 2 lap lanes<br><b>Water Aerobics</b>             | 3 lap lanes<br><b>OPEN SWIM</b>                   | 2 lap lanes<br><b>Water Aerobics</b> | Pool Closed<br><b>Master's Swim</b>                   |   | 8:00    |
| 9:00    | 2 lap lanes<br><b>Fit &amp; Tone</b>      | 3 lap lanes<br><b>OPEN SWIM</b>                  | 2 lap lanes<br><b>Fit &amp; Tone</b>             | 3 lap lanes<br><b>OPEN SWIM</b>                   | 2 lap lanes<br><b>Fit &amp; Tone</b> | Pool Closed<br><b>Swim Lessons</b>                    |   | 9:00    |
| 10:00   | 2 lap lanes<br><b>Water Fitness</b>       | 3 lap lanes<br><b>OPEN SWIM</b>                  | Preschool<br><b>Swim Lesson</b>                  | 2 lap lanes<br><b>Water Fitness</b>               | 3 lap lanes<br><b>OPEN SWIM</b>      | Pool Closed<br><b>Swim Lessons</b>                    |   | 10:00   |
| 11:00   | 2 lap lanes<br><b>Strength N' Stretch</b> | 3 lap lanes<br><b>OPEN SWIM</b>                  | No Open Swim<br><b>Preschool<br/>Swim Lesson</b> | 2 lap lanes<br><b>Strength N' Stretch</b>         | 3 lap lanes<br><b>OPEN SWIM</b>      | 2 lap lanes<br><b>OPEN SWIM</b><br>(Includes Parties) | <b>OPENS at 12</b>                                    | 11:00   |
| 12:00pm | 3 lap lanes<br><b>OPEN SWIM</b>           | 3 lap lanes<br><b>OPEN SWIM</b>                  | 3 lap lanes<br><b>OPEN SWIM</b>                  | 3 lap lanes<br><b>OPEN SWIM</b>                   | 3 lap lanes<br><b>OPEN SWIM</b>      | 2 lap lanes<br><b>OPEN SWIM</b><br>(Includes Parties) | 2 lap lanes<br><b>OPEN SWIM</b><br>(Includes Parties) | 12:00pm |
| 1:00    | 3 lap lanes<br><b>OPEN SWIM</b>           | 2 lap lanes<br><b>Homeschool<br/>Swim Lesson</b> | 3 lap lanes<br><b>OPEN SWIM</b>                  | 3 lap lanes<br><b>OPEN SWIM</b>                   | 3 lap lanes<br><b>OPEN SWIM</b>      | 2 lap lanes<br><b>OPEN SWIM</b><br>(Includes Parties) | 2 lap lanes<br><b>OPEN SWIM</b><br>(Includes Parties) | 1:00    |
| 2:00    | 3 lap lanes<br><b>OPEN SWIM</b>           | 3 lap lanes<br><b>OPEN SWIM</b>                  | 3 lap lanes<br><b>OPEN SWIM</b>                  | 3 lap lanes<br><b>OPEN SWIM</b>                   | 3 lap lanes<br><b>OPEN SWIM</b>      | 2 lap lanes<br><b>OPEN SWIM</b><br>(Includes Parties) | 2 lap lanes<br><b>OPEN SWIM</b><br>(Includes Parties) | 2:00    |
| 3:00    | 3 lap lanes<br><b>OPEN SWIM</b>           | 3 lap lanes<br><b>OPEN SWIM</b>                  | 3 lap lanes<br><b>OPEN SWIM</b>                  | 3 lap lanes<br><b>OPEN SWIM</b>                   | 3 lap lanes<br><b>OPEN SWIM</b>      | 2 lap lanes<br><b>OPEN SWIM</b><br>(Includes Parties) | 2 lap lanes<br><b>OPEN SWIM</b><br>(Includes Parties) | 3:00    |
| 4:00    | 2 lap lanes<br><b>Water Moves</b>         | 3 lap lanes<br><b>OPEN SWIM</b><br>YM 4:30pm     | 3 lap lanes<br><b>OPEN SWIM</b>                  | 1 lap lane<br><b>Member Aerobics</b><br>YM 4:30pm | 3 lap lanes<br><b>OPEN SWIM</b>      | 3 lap lanes<br><b>OPEN SWIM</b><br>Pool Closes 4:45   | 3 lap lanes<br><b>OPEN SWIM</b><br>Pool Closes 4:45   | 4:00    |

| Time   | Monday   | Tuesday                           | Wednesday  | Thursday                     | Friday   | Saturday   | Sunday | Time   |
|--------|--|-----------------------------------|--|------------------------------|--|--|--------|--------|
| 5:00pm | 2 lap lanes<br>No Open Swim<br>LESSONS<br>Jr. LG | 1 lap lane<br>YM<br>Swim Team (5) | 2 lap lanes<br>No Open Swim<br>LESSONS<br>Jr. LG | 1 lap lane<br>Swim Team (5)  | 2 lap lanes<br>OPEN SWIM<br>1 Private Lessons                              | Slide hours:<br>Fri 5:30pm-7pm<br>Sat 11:30am-3:30pm<br>Sun 12:30pm-3:30pm |        | 5:00pm |
| 5:30   | 2 lap lanes<br>No Open Swim<br>LESSONS<br>Jr. LG | 1 lap lane<br>YM<br>Swim Team (5) | 2 lap lanes<br>No Open Swim<br>LESSONS<br>Jr. LG | 1 lap lane<br>Swim Team (5)  | 1 lap lanes<br>Family/Open Swim<br>(Includes Parties)<br>1 Private Lessons |  |        | 5:30   |
| 6:00   | LESSONS  | 1 lap lane                        | LESSONS  | 1 lap lane                   | 1 lap lanes<br>Family/Open Swim<br>(Includes Parties)<br>1 Private Lessons |  |        | 6:00   |
| 6:15   | 0 lap lanes<br>Swim Team (6)                     | YM<br>Swim Team (5)               | 0 lap lanes<br>Swim Team (6)                     | Swim Team (5)                | 1 Private Lessons  |  |        | 6:15   |
| 7:00   | 0 lap lanes<br>Swim Team (6)                     | 1 lap lane<br>Swim Team (5)       | 0 lap lanes<br>Swim Team (6)                     | 1 lap lane<br>Swim Team (5)  | 1 lap lanes<br>Family/Open Swim<br>1 Private Lessons<br>Pool Closes 7:45   |  |        | 7:00   |
| 7:30pm |  | 3 lap lanes<br>OPEN SWIM          |  | Sup Yoga                     |  |  |        |        |
| 8:00   | 3 lap lanes<br>OPEN SWIM                         | 3 lap lanes<br>OPEN SWIM          | 3 lap lanes<br>OPEN SWIM                         | Paddle Board<br>No Open Swim |  |  |        | 8:00   |
| 9:00   | Pool Closes 8:45                                 | Pool Closes 8:45                  | Pool Closes 8:45                                 | Pool Closes 8:45             |  |  |        | 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

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

**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.**