



Please see the Front Desk for Holiday Closures.

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Eastern Lycoming Pool Schedule: October 12th - December 31st

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
	Pool Opens 6am							
6:00 AM	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes			6:00 AM
7:00	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	Pool Opens 8am		7:00
8:00	3 Lanes Open Member Aerobics	3 Lanes Open Member Aerobics	3 Lanes Open Member Aerobics	Lap Lanes	3 Lanes Open Member Aerobics	0 Lanes Open WASC MASTER'S		8:00
9:00	0 Lanes Open Fit & Tone	Lap Lanes	0 Lanes Open Fit & Tone	Lap Lanes	0 Lanes Open Fit & Tone	Lap Lanes	Pool Opens 10am	9:00
10:00	3 Lanes Open Member Aerobics	Lap Lanes	5 Lanes Open Preschool	2 Lanes Open Water Fitness	Lap Lanes	Lap Lanes	Lap Lanes	10:00
11:00	Lap Lanes	Lap Lanes	5 Lanes Open Preschool	2 Lanes Open Strength N' Stretch	Lap Lanes	Lap Lanes	Lap Lanes	11:00
12:00 PM	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	12:00 PM
1:00	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	1:00
2:00	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	Pool Closes 1:30	Lap Lanes	2:00
3:00	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes		Pool Closes 2:30	3:00
4:00	0 Lanes Open Water Aerobics SWIM TEAM	3 Lanes Open SWIM TEAM	3 Lanes Open SWIM TEAM	0 Lanes Open Member Aerobics SWIM TEAM	Lap Lanes			4:00
5:00	2 Lanes Open SWIM TEAM	2 Lanes Open SWIM TEAM	2 Lanes Open SWIM TEAM	2 Lanes Open SWIM TEAM	Lap Lanes	To reserve a lap lane, please send an email to		5:00
6:00	0 Lanes Open SWIM TEAM	0 Lanes Open SWIM TEAM	0 Lanes Open SWIM TEAM	0 Lanes Open SWIM TEAM	Lap Lanes	marcusl@rvrymca.org		6:00
7:00	0 Lanes Open SWIM TEAM	0 Lanes Open SWIM TEAM	0 Lanes Open SWIM TEAM	0 Lanes Open SWIM TEAM	Pool Closes 6:30			7:00
8:00pm	Pool Closes 7:30	Pool Closes 7:30	Pool Closes 7:30	Pool Closes 7:30				8:00pm

Preschool: Please note times labeled Preschool, **THE RAMP & LANE 1 ARE CLOSED DURNIG THIS TIME**

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.

Private Lessons: Private Lessons run on an inconsistent schedule. They may occasionally take place and use the Ramp & 1 or 2 lanes.

Swim Team & Swim Meets: Swim Meets are happening on a very different schedule this season. The public will be made aware of when swim meets will take place.

Aerobic Classes:

Water Aerobics - medium impact

Fit & Tone - low-medium impact

Water Fitness & Strength n' Stretch - high impact

Member Aerobics: member led aerobics class

* **Please note:** the pool schedule is **Subject to Change**. Please see our Facebook or call the Front Desk 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.