



**Fall Pool Schedule
October 2011
Valley-Shore YMCA**

Lee Family Pool						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-9:00 AM Lap Swim	5:00-9:00 AM Lap Swim	5:00-9:00 AM Lap Swim	5:00-9:00 AM Lap Swim	5:00-9:00 AM Lap Swim		
					7:00-9:00 AM Lap Swim	7:00-9:00 AM <i>Hand Swim Team</i>
9:00-12:00 PM 2 Rec/4 Lap Lanes	9:00-10:00 AM 3 Lap Lanes <i>Energize!</i>	9:00-12:00 PM 2 Rec/4 Lap Lanes	9:00-10:00 AM 3 Lap Lanes <i>Energize!</i>	9:00-12:00 PM 2 Rec/4 Lap Lanes	9:00-9:45 AM 3 Lap Lanes	9:00-11:00 AM <i>Marlins</i> 4 Lap Lanes
	10:00-12:00 PM 2 Rec/4 Lap Lanes		10:00-12:00 PM 2 Rec/4 Lap Lanes		9:45-12:00 PM 2 Rec/4 Lap Lanes	
12:00-2:30 PM 2 Rec/4 Lap Lanes	12:30-1:30 PM <i>PowerSculpt</i> 3 Lap Lanes	12:00-2:30 PM 2 Rec/4 Lap Lanes	12:30-1:30 PM <i>PowerSculpt</i> 3 Lap Lanes	12:00-2:30 PM 2 Rec/4 Lap Lanes	12:00-3:00 PM 2 Rec/4 Lap Lanes	12:00-3:00 PM 2 Rec/4 Lap Lanes
	1:30-2:30 PM Adult Swim		1:30-2:30 PM Adult Swim			
2:30-4:30 PM <i>Hand Swim Team**</i>	2:30-4:30 PM <i>Hand Swim Team**</i>	2:30-4:30 PM <i>Hand Swim Team**</i>	2:30-4:30 PM <i>Hand Swim Team**</i>	2:30-4:30 PM <i>Hand Swim Team**</i>	3:00-5:00 PM <i>Rentals*</i> 3 Lap Lanes	
4:30-5:00 PM <i>Mini-Marlins/ Swim Team</i>	4:30-7:00 PM <i>Marlins Swim Team</i>	4:30-5:00 PM <i>Mini-Marlins/ Swim Team</i>	4:30-7:00 PM <i>Marlins Swim Team</i>	4:30-7:00 PM <i>Marlins Swim Team</i>		
5:00-7:00 PM <i>Marlins</i>		5:00-7:00 PM <i>Marlins</i>				5:00-6:30 PM 2 Rec/4 Lap Lanes
7:00-8:30 PM 2 Rec/4 Lap Lanes	7:00-8:30 PM 3 Lanes <i>SCUBA</i>	7:00-8:15 PM <i>Masters</i>	7:00-8:30 PM 2 Rec/4 Lap Lanes	7:00-8:30 PM 2 Rec/4 Lap Lanes	Schedule subject to change without notice	
		8:15-8:30 PM 2 Rec/4 Lap				
						** The
LEE POOL will be available on the following dates from 2:30-4:30 pm October 7, 10, 13, 20, 24 **						
Schedule Updated on 9/27/2011						



**Fall Pool Schedule
October 2011
Valley-Shore YMCA**

Prymas Pool						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-7:45 AM Open Swim	5:45-8:00 AM Open Swim	5:45-7:45 AM Open Swim	5:45-8:00 AM Open Swim	5:45-7:45 AM Open Swim		
7:45-8:30 AM Aquacise/2 Lanes	8:00-9:00 AM <i>Therapy</i> 3 Rec Lanes	7:45-8:30 AM Aquacise/2 Lanes	8:00-9:00 AM <i>Therapy</i> 3 Rec Lanes	7:45-8:30 AM Aquacise/2 Lanes	7:00-8:15 AM Open Swim	
8:40-9:25 AM <i>Aquacise</i>	9:00-10:15 AM <i>Therapy and</i> <i>Lessons</i>	8:40-9:25 AM <i>Aquacise</i>	9:00-10:15 AM <i>Therapy and</i> <i>Lessons</i>	8:40-9:25 AM <i>Aquacise</i>	8:15-9:00 AM <i>Lessons</i> 2 Rec Lanes	8:00-9:00 AM Open Swim
9:30-10:15 AM <i>Lesson/1/2 Open</i>	10:15-11:30 AM <i>Lessons/2 Lap</i> Lanes	9:30-10:15 AM <i>Lesson/1/2 Open</i>	10:15-11:30 AM <i>Lessons/Little</i> <i>Giants</i>	9:30-10:15 AM <i>Lesson/1/2 Open</i>	9:00-12:00 PM <i>Swim Lessons</i>	9:00-11:00 AM <i>Swim Lessons</i> 1/2 Open
10:15-11:30 AM <i>Lessons/Little</i> <i>Giants</i>	11:30-12:15 PM <i>Twinges</i> 2 Lap Lanes	10:15-11:30 AM <i>Lessons/Little</i> <i>Giants</i>	11:30-12:15 PM <i>Twinges</i> 2 Lap Lanes	10:15-11:00 AM <i>Lessons/3 Lap</i> Lanes		11:00-1:00 PM Open Swim
11:30-12:00 Adult Swim	12:00-1:00 PM Open Swim	11:30-12:00 Adult Swim	12:15-1:00 PM Adult Swim	12:00-1:00 PM Open Swim		1:00-2:00 PM <i>Rentals*</i>
12:00-1:00 PM Open Swim	1:00-2:00 PM Open Swim	12:00-1:00 PM Open Swim	1:00-2:00 PM Open Swim	1:00-2:00 PM <i>Golden Waves</i> 1/2 Open	12:00-5:00 PM Family Swim	1:00-3:30 PM Family Swim
1:00-2:00 PM <i>Therapy and</i> <i>Golden Waves</i>	2:00-3:00 PM <i>Lessons</i> 1/2 Open	1:00-2:00 PM <i>Therapy and</i> <i>Golden Waves</i>	2:00-3:00 PM Open Swim	2:00-3:00 PM Open Swim		3:00-5:00 PM Open Swim
2:00-3:00 PM Open Swim	3:00-3:45 PM Senior Swim	2:00-3:00 PM Open Swim	3:00-3:45 PM Senior Swim	3:00-3:45 PM Senior Swim		
3:00-3:45 PM Senior Swim	3:45-5:15 PM <i>Swim Lessons</i>	3:00-3:45 PM Senior Swim	3:45-5:15 PM <i>Swim Lessons</i>	3:45-5:15 PM <i>Swim Lessons</i>	5:00-7:00 PM <i>Rentals*</i>	
3:45-5:15 PM <i>Swim Lessons</i>	5:15-7:00 PM <i>Lessons</i> 2Lap/2 Rec	3:45-5:15 PM <i>Swim Lessons</i>	5:15-7:00 PM <i>Lessons</i> 2 Lap/2 Rec	5:15-7:00 PM <i>Lessons</i> 2 Lap/2 Rec		
5:15-7:00 PM <i>Lessons</i> 2Lap/2 Rec	7:15-8:00 PM <i>Aquacise</i>	5:15-7:00 PM <i>Lessons</i> 2 Lap/2 Rec	7:15-8:00 PM <i>Aquacise</i>	5:00-7:00 PM Open Swim	*When no Party Rentals are scheduled the pool is open for Recreational swimming until 6:30.	
7:15-8:00 PM <i>Lesson/1/2 Open</i>	8:00-9:30 PM Open Swim	7:00-9:30 PM Open Swim	8:00-9:30 PM Open Swim	7:00-9:00 PM Youth Fun Night		
8:00-9:30 PM Open Swim	8:00-9:30 PM Open Swim	7:00-9:30 PM Open Swim	8:00-9:30 PM Open Swim	7:00-9:00 PM Youth Fun Night		
Fall Program Registration Is Ongoing						
Please go to www.vsymca.org for information on our programs and to check for schedule updates.						