FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

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## Dec 1-21, 2024 WELLNESS POOL

| SUN        | Open Swim: For members & paying guests |                            |   | <b>12:00p-4:45p</b><br>Open & Lap | The pool will be closed on the following days & times:<br>Sun Dec 8 & Dec 22 at 2pm for party rentals |                      |                         |                         |   |                    |  |
|------------|--|----------------------------|---|-----------------------------------|---|----------------------|-------------------------|-------------------------|---|--------------------|--|
| Lap Lanes  |  |                            |   | Swim<br>2                         |   |                      |                         |                         |   |                    |  |
| MON        | 6:00a-7:50a                            | 8:00a-9:00a                | 9:00a-10:50a  | 11:00a-12:00p                     | 12:00p-3:00p  | 3:00p-5:00p          | 5:00p-6:30p             | 6:30p-7:30p             | 7:30-8:30p  |                    |  |
|            | Lap Swim                               | Water Aerobics<br>w/Leslie | Member Swim   | Water Fusion<br>w/Emily           | Open & Lap<br>Swim  | Swim Team            | Swim Lessons            | Water Aerobics<br>w/Jan | Open & Lap<br>Swim  |                    |  |
| Lap Lanes  | 2                                      | 0                          | 0   | 0                                 | 1   | 0                    | 0                       | 0                       | 2   |                    |  |
| TUE        | 6:00a-8:00a                            | 8:00a-9:50a                | 10:00a-11:00a   | 11:00a-12:15p                     | 12:30p-1:30p  | 1:30p-3:00p          | 3:00p-5:00p             | 5:00p-6:00p             | 6:00p-7:00p   | 7:00p-8:30p        |  |
|            | Lap Swim                               | Open & Lap<br>Swim         | Water Aerobics<br>w/Jan   | Member Swim                       | Beyond Basic  | Member & Lap<br>Swim | Swim Team               | Swim Lessons            | Water Aerobics<br>w/Jan   | Open & Lap<br>Swim |  |
| Lap Lanes  | 2                                      | 2                          | 0   | 0                                 | 0   | 0                    | 0                       | 0                       | 0   | 2                  |  |
| WED        | 6:00a-7:50a                            | 8:00a-9:00a                | 9:00a-10:00a  | 10:00a-12:00p                     | 12:00p-3:00p  | 3:00p-5:00p          | 5:00p-7:00p             | 7:00p-8:30p             |   |                    |  |
|            | Lap Swim                               | Water Aerobics<br>w/Leslie | Water Yoga<br>w/Tracy   | Swim Lessons                      | Open & Lap<br>Swim  | Swim Team            | Swim Lessons            | Member &<br>Lap Swim    |   |                    |  |
| Lap Lanes  | 2                                      | 0                          | 0   | 0                                 | 1   | 0                    | 0                       | 2                       |   |                    |  |
| THU        | 6:00a-8:00a                            | 8:00a-9:50a                | 10:00a-11:00a   | 11:00a-3:00p                      | 3:00p-5:00p   | 5:00p-6:00p          | 6:00p-7:00p             | 7:00p-8:30p             |   |                    |  |
|            | Lap Swim                               | Member & Lap<br>Swim       | Water Aerobics<br>w/Jan   | Member & Lap<br>Swim              | Swim Team   | Swim Lessons         | Water Aerobics<br>w/Jan | Open & Lap<br>Swim      |   |                    |  |
| Lap Lanes  | 2                                      | 2                          | 0   | 2                                 | 0   | 0                    | 0                       | 2                       |   |                    |  |
| FRI        | 6:00a-8:00a                            | 8:00a-8:50a                | 9:00a-10:00a  | 10:00a-12:00p                     | 12:00p-1:50p  | 2:00p-2:30p          | 3:00p-5:00p             | 5:15p-8:30p             | Make-up swim lessons<br>will be held on Friday,<br>Dec 13 5-6pm |                    |  |
|            | Lap Swim                               | Member & Lap<br>Swim       | Water Aerobics<br>w/Jan   | Swim Lessons                      | Member & Lap<br>Swim  | Adventure<br>Swim    | Swim Team               | Member &<br>Lap Swim    |   |                    |  |
| Lap Lanes  | 2                                      | 2                          | 0   | 0                                 | 1   | 0                    | 0                       | 2                       |   |                    |  |
| SAT        | 8:00a-12:00p                           | 12:00p-4:45p               | Ask us about  | private birthd                    | av party renta  |                      |                         |                         | -   |                    |  |
|            | Swim Lessons                           | Open & Lap<br>Swim         | Ask us about private birthday party rentals!<br>Available Saturday & Sunday afternoons<br>Email tony.schupp@summervilleymca.org |                                   |   |                      |                         |                         |   |                    |  |
| l an Lanos | 0                                      | 2                          |   |                                   |   | Statistical and all  |                         |                         |   |                    |  |

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Lap Lanes

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Parents with children ages **5 years & under** must be in the water and <u>within arm's reach of their child</u>, and must remain where the parent can touch the bottom. Children ages 6-14 must have a parent on the pool deck at all times. We strongly recommend that parents of non-swimmers be in the water within arm's reach of their child, regardless of the child's age.

\*\* We strive to ensure the accuracy of this schedule. However, open swim schedule is subject to change without notice. \*\*