



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Thrivent Financial Aquatics Center Schedule**  
**HEART OF THE VALLEY YMCA**  
January 8-April 30, 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Lap &amp; H2O Walkers</b> 9:00 AM-5:30 PM	<b>Lap &amp; H2O Walkers</b> 5:00-7:55 AM 10:05 AM-3:55 PM 6:15-9:30 PM	<b>Lap &amp; H2O Walkers</b> 5:00-7:55 AM 10:05 AM-3:55 PM 7:00-8:30 PM	<b>Lap &amp; H2O Walkers</b> 5:00-7:55 AM 10:05 AM-3:55 PM 6:15-9:30 PM	<b>Lap &amp; H2O Walkers</b> 5:00-7:55 AM 10:05 AM-3:55 PM 7:00-8:30 PM	<b>Lap &amp; H2O Walkers</b> 5:00-8:55 AM 10:05 AM-1:00 PM	<b>Lap &amp; H2O Walkers</b> 5:45-6:40 AM 7:35-8:50 AM
<b>Jan 29 &amp; Mar 18</b> Lap Lanes CLOSED 9-11:30 AM staff training	<b>H2O Fitness Classes</b> 5:45 AM-6:30 AM 1 lane 8:05-8:45 AM 9:00-10:00 AM	<b>H2O Fitness Classes</b> 8:05 AM-8:45 AM 9:00-10:00 AM 8:35-9:25 PM	<b>H2O Fitness Classes</b> 5:45 AM-6:30 AM 1 lane 8:05-8:45 AM 9:00-10:00 AM	<b>H2O Fitness Classes</b> 8:05 AM-8:45 AM 9:00-10:00 AM 8:35-9:25 PM	<b>H2O Fitness Classes</b> 5:45 AM-6:30 AM 1 lane 9:00-10:00 AM	<b>H2O Fitness Classes</b> 6:45 AM-7:30 AM
<b>Open Swim</b> 10:00 AM-5:30 PM	<b>Open Swim</b> 6:15-9:00 PM	<b>Open Swim</b> 1:00-3:55 PM 7:00-9:00 PM	<b>Open Swim</b> 6:15-9:00 PM	<b>Open Swim</b> 1:00-3:55 PM 7:00-9:00 PM	<b>Open Swim</b> 1:00-9:30 PM	<b>Open Swim</b> 12:35 PM-5:30 PM
<b>Slide</b> 12:30-5:00 PM	<b>Slide</b> 6:15-8:30 PM	<b>Slide</b> 7:00-8:30 PM	<b>Slide</b> 6:15-8:30 PM	<b>Slide</b> 7:00-8:30 PM	<b>Slide</b> 5:00-8:30 PM	<b>Slide</b> 1:00-5:00 PM
	<b>Parent &amp; Tot (Family Swim)</b> 2:05-3:55 PM		<b>Parent &amp; Tot (Family Swim)</b> 2:05-3:55 PM		<b>Parent &amp; Tot (Family Swim)</b> 10:00 AM-1:00 PM	<b>Family Nights</b> <b>Jan 14-Mar 31</b> <b>Swimming Time</b> <b>6:30-8:30 PM</b>

**Proper Swim attire** must be worn in our pool. No t-shirts or cover ups are allowed in the deep end or off the slide.

**Slide Schedule** is subject to change due to slow times or when the number of participants deem it necessary to close the area for guarding high volume of participants.

**Effective April 12, 2010** children 6 years old can be in our pool by themselves provided they can pass a shallow water swim test. Children 6-9 years old will be asked to do the shallow water test in order to swim without an adult. If a child is not able to pass the shallow water test they must be accompanied in the water by an adult 18 years or older.

**Children under 6 YEARS OLD MUST BE ACCOMPANIED IN THE WATER BY AN ADULT IN A BATHING SUIT and MUST BE WITHIN ARMS REACH.**

During Parent & Tot time & FAMILY NIGHTS All Children MUST be accompanied in the water by an adult IN A BATHING SUIT.

Children who do not meet the 48" height requirement may ride down the slide wearing a lifejacket and sitting on an adult's lap.

Children not toilet trained MUST wear Little Swimmers.

Lap Swimmers and Water Walkers MUST share pool space. Please follow Lap Swim Etiquette Rules post on pool deck.

**The pool schedule is subject to change due to unforeseen problems , trainings or volume of participates.**

Updated 1/2/12