

SHADED TIMES  
ARE MEMBER  
USE TIMES

# VALLES (COLD) POOL SCHEDULE

## WINTER - December 5-March 19, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-7:00AM SWIM TEAM POOL SET AT 36 MTRS.	5:45AM-7:00AM MASTERS SWIM (2 LANES) ADULT LAP (4 LANES)	5:15-7:00AM SWIM TEAM	5:45AM-7:00AM MASTERS SWIM (2 LANES) ADULT LAP (4 LANES)	5:15-7:00AM SWIM TEAM	6:00-10:00AM SWIM TEAM 6:00-9:00AM THE BULKHEAD IS MOVED	7:00-11:00AM SYNCHRO TEAM
7:00AM-2:45PM ADULT LAP	7:00AM-2:45PM ADULT LAP	7:00AM-2:45PM ADULT LAP	7:00AM-2:45PM ADULT LAP	7:00AM-2:45PM ADULT LAP	10:00-11:00AM ADULT LAP 2 LANES	11:00-5:00PM ADULT LAP
2:45-4:00PM NCHS SWIM TEAM	2:45-4:00PM NCHS SWIM TEAM	2:45-4:00PM NCHS SWIM TEAM	2:45-4:00PM NCHS SWIM TEAM	2:45-4:00PM NCHS SWIM TEAM	10:00-11:00AM SYNCHRO TEAM (FOUR LANES)	YMCA CLOSSES AT 5:00PM
3:30-8:30PM SWIM TEAM		3:30-8:30PM SWIM TEAM	4:00-7:00PM SWIM TEAM	4:00-7:00PM SWIM TEAM 4:00-5:30PM SYNCHRO (1LANE)	11:00-2:30PM SYNCHRO TEAM	
8:30-10:00PM ADULT LAP	3:30-8:30PM SWIM TEAM	8:30-10:00PM ADULT LAP	7:00-8:30PM SYNCHRO TEAM  7:00-8:00PM SWIM TEAM USING SHALLOW WELL	7:00-8:30PM SYNCHRO TEAM  7:00-8:00PM SWIM TEAM USING SHALLOW WELL	2:30-6:30PM ADULT LAP	
	8:30-10:00PM ADULT LAP		8:30-10:00PM ADULT LAP	8:30-10:00PM ADULT LAP	YMCA CLOSSES AT 6:30PM	

**Note: Monday-Friday: 5:45-7:00AM; 2 lanes in Deep Well upon request.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-7:00AM SWIM TEAM	5:45-7:00AM DIVE TEAM	5:45-2:45AM OPEN	5:45-7:00AM DIVE TEAM	5:15-7:00AM DIVE TEAM	9:00-11:00AM DIVE TEAM	11:00-12:00 SYNCHRO TEAM
7:00-2:45PM OPEN	7:00-2:45PM OPEN	2:45-10:00PM DIVE TEAM	7:00-2:45PM OPEN	7:00-2:45PM OPEN	6:00-9:00AM SWIM TEAM	11:00-4:00PM DIVE TEAM
2:45-10:00PM DIVE TEAM	2:45-6:00PM DIVE TEAM 3:15-4PM SWIM TEAM (2LANES)	4:00-8:30PM SYNCHRO TEAM	2:45-6:30PM DIVE TEAM 3:15-4PM SWIM TEAM (2LANES)	2:45-4:00PM DIVE TEAM 4:00-5:30PM SWIM TEAM	11:00-6:30PM SYNCHRO TEAM	4:00-5:00pm SYNCHRO TEAM
4:00-5:30PM SWIM TEAM	4:00-8:00PM SYNCHRO TEAM		3:30-8:15PM SYNCHRO TEAM	5:30PM-8:30PM SYNCHRO TEAM		
5:30-8:30PM SYNCHRO TEAM	8:00-8:30PM SWIM TEAM 7:00-10:00PM DIVE TEAM		8:15-10:00PM DIVE TEAM	4:00-8:00PM DIVE TEAM		

THE YMCA LIFEGUARDS HAVE THE RIGHT TO ASK ANYONE NOT ABIDING THE POOL RULES,  
AND/OR PUTTING OTHER MEMBERS AT RISK, TO LEAVE THE POOL AREA.

Please...play it safe...obey the rules.

\*Pool Rules are posted in both pools.

**ADULT LAP:** For members 13 years of age and older looking to swim for leisure and exercise. Please follow guidelines posted in the pool so as not to interfere with another person's workout. This is exclusive time for members 13 and older only. Children are not permitted to swim during this period.

**DEEP WATER WELL** – This time is open to adults during Adult Lap Time. It is used primarily for deep water walking and overflow from lap lanes. Lane lines will be put in by the lifeguard upon member request.

**REC "WARM" POOL SCHEDULE  
FALL - DEC. 5, 2011-MARCH 19, 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-7:30AM ADULT LAP	5:45-7:30AM ADULT LAP	5:45-7:30AM ADULT LAP	5:45-7:30AM ADULT LAP	5:45-7:30AM ADULT LAP	7:30-9AM ADULT LAP	9-11AM ADULT LAP
7:30-9:30AM Group Fitness	7:30-9:30AM Group Fitness	7:30-9:15AM Group Fitness	7:30-9:30AM Group Fitness	7:30-9:15AM Group Fitness	9-1:15PM Y Swim Classes	11-1PM Therapy Swim
9:30-12Noon Y Swim Classes	9:30-12Noon Y Swim Classes	9:30-11AM Y Swim Classes	9:30-12Noon Y Swim Classes	9:15-12Noon Y Swim Classes	1:15-2:30PM Therapy Swim	1-5PM FAMILY SWIM
12-12:45 Aquamates	12-12:45 Arthritis Class	11-11:45AM Arthritis Class	12-12:45 Arthritis Class	12-12:45 Aquamates	1:15-2:15PM sYn Teen Swim	YMCA CLOSES AT 5PM
12:45-2PM Therapy Swim	12:45-2:15PM Therapy Swim	12-12:45 Aquamates	12:30-1:30PM Therapy Swim	12:45-2PM Therapy Swim	2:30-6:30PM FAMILY SWIM	
2-6PM Y Swim Classes	2:15-2:45PM Y Swim Classes	12:45-2PM Therapy Swim	1:30-2:30PM Y Swim Classes	2:00-3:45PM FAMILY SWIM ADULT LAP 1 Lane	YMCA CLOSES AT 6:30PM	
6-8PM Synchro Team	2:45-3:30PM FAMILY SWIM Adult Lap 1 Lane	2-3PM FAMILY SWIM	2:30-3:45PM FAMILY SWIM	3:45-6:30PM Synchro Team		
8:10-9:15 ADULT LAP	3:30-6:00PM Y Swim Classes	3-6PM Y Swim Classes	3:45-6PM Y Swim Classes	4:30-5:15PM KU PROGRAM		
	6:00-7:00PM Swim Team 2 Lanes ADULT LAP 2 Lanes	6:00-7:00PM ADULT LAP	6:00-7:00PM Swim Team 2 Lanes ADULT LAP 2 Lanes	6:30-7:30PM ADULT LAP		
	7:00-7:45PM ANGEL FISH	7:00-8:15PM FAMILY SWIM	7:00-8:15PM FAMILY SWIM	7:30-9:15PM FAMILY SWIM		
	7:45-8:30PM Adult Instruction	8:15-9:15PM ADULT LAP	8:15-9:15PM ADULT LAP	<b>Family Swim:</b> Definition below <b>Adult Lap:</b> For members 13 years of age and older looking to swim for leisure and exercise. Please follow guidelines posted in the pool so as not to interfere with another person's workout. This is an exclusive time for members 13yrs, and older only. <b>Therapy Swim:</b> For older adults, handicapped individuals, and those members needing warm water therapy. In order to have a lane put in a doctor's note must be on file with Josephine Rojas-Aquatic Director. Only 1 lane line will be put in during therapy swim.		
	7:45-9:30pm LIFEGUARD COURSE					
	8:30-9:15pm ADULT LAP 2 LANES					

**DON'T FORGET** To pick up your fish pass @ The Member Check-In desk when swiping your membership card.

**FISH PASS PROCEDURE IN EFFECT DURING ALL FAMILY SWIMS, MAXIMUM NUMBER OF SWIMMERS IS 25**

(Weekend Family Swim times max, is: 50 if 2 guards are on duty)

Family swims are intended for those with family memberships, everyone must have a valid New Canaan Y membership.

If you're a non-member, you may participate in our family swims based on the following fees; 0-14 years - \$5.00; 15 - 21 years - \$15.00; Adult - \$30; Adult M/C or W/C - \$50.00\*

Children under 12yrs, and non-swimmers of any age MUST have an adult (18 Yrs & older) in a bathing suit in the pool responsible for the child at all times in order to participate in family swim.

NON-SWIMMERS OF ANY AGE AND CHILDREN USING A SWIM AID MUST HAVE A PARENT IN THE POOL NO MORE THAN AN ARMS LENGTH AWAY FROM THE CHILD AT ALL TIMES. We do not allow any inflatable toys or swim aids in the pools

In consideration to our family members please refrain from lap swimming during family swim times; NO ADULT LAP SWIMMING,

THE YMCA LIFEGUARDS HAVE THE RIGHT TO ASK ANYONE NOT ABIDING THE POOL RULES, AND/OR PUTTING OTHER MEMBERS AT RISK, TO LEAVE THE POOL AREA.

**Please...play it safe...obey the rules.**

**\*Pool Rules are posted in both pools.**

**PLEASE SHOWER BEFORE ENTERING POOL.**