
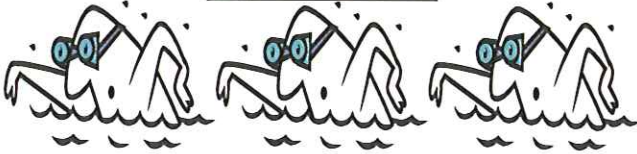





Y Glendale/Peoria YMCA
Pool Schedule by Activity

YMCA Pool Activities: Open for Member Use

To register please see the Glendale/Peoria YMCA front desk or register online at
<http://www.Valleymca.org>

<p style="text-align: center;">Lap Swim</p> 	<p style="text-align: center;">Open Swim</p> 
<p><u>Monday, Wednesday, Friday</u> 6am – 7am (3 lanes open) 7am – 9am (1 lane open) 4:30pm – 7:30pm (1 lane open)</p>	<p><u>Monday – Thursday</u> (6am – 8am), (11am – 3pm) Friday (6am – 7:30pm) Saturday (12pm – 3pm) Sunday (10am – 1pm)</p>
<p><u>Monday – Thursday</u> 9am – 12pm (2 lanes open) 12pm – 3pm (3 lanes open) 3pm – 4:30pm (2 lanes open)</p> 	<p><u>Water Aerobics</u> Monday – Saturday (8am – 9am Shallow)</p> 
<p><u>Saturday</u> 8am – 9am (3 lanes open) 9am – 12pm (1 lane open) 12pm – 3pm (3 lanes open)</p>	<p><u>Water Aerobics</u> Tuesday & Thursday 5:30pm - 6:30pm (Shallow)</p> 
<p><u>Sunday</u> 10am - 1pm (3 lanes open)</p>	<p><u>Child Watch Hours</u> Monday - Saturday (8am – 12pm) Monday – Friday (4pm – 8pm)</p>

Swim Test Policy

(Keeping children safe)

- Any child under the age of 5 must have a parent/guardian over 18 years accompany their child in the water. Children under the age of 9 must be supervised by parent/guardian in the immediate area.
- Those children wishing to swim unaccompanied will undergo a swim test consisting of 15ft of swimming on your front, pause to change positions and 15ft of swimming on your back, and one minute of treading water. Those who do not pass will need to remain within arms length of a parent/guardian and/or may be required to wear a Coast Guard approved lifejacket.

YAQUATICSTM

We build strong kids, strong families, strong communities.

For more information, please contact Rebekah McCarthy at (602) 212-5199 or Rmccarthy@vosymca.org