



Southwest Valley Family YMCA
Pool Schedule by Activity: Summer 2010
Schedule begins Monday May 24th

YMCA Pool Activities: Open for Member Use

Olympic Pool Lap Swim (2-3 lanes)

Mon-Friday 5:30-9:00a (LC), 9:30a-9:00p (SC)
 Saturday 10:00a-6:30p (LC)
 Sunday 12:00p-4:30p (LC)

Olympic Pool Open Swim

Mon-Fri. 12:00-9:00p
 Saturday 10:00a-6:30p
 Sunday 12:00p-4:30p

Diving Boards

Mon-Friday 12:00p-8:00p
 Saturday 12:00p-6:00p
 Sunday 12:00p-4:30p

Water Aerobics (Begins Tuesday June 1)

Monday-Friday:
 Morning 8:30a-9:30a
 Morning 9:30a-10:30a (Mon/Wed/Fri)

Recreational Pool Open Swim

Mon-Thurs. 11:00a-8:00p
 Friday 9:00a-8:00p
 Saturday 10:00a-6:30p
 Sunday 12:00p-4:30p

Monday-Wednesday:

Evening 7:00p-8:00p

Saturday:

Morning 10:00a-11:00a (Senior Splash)
 (Begins Sat. June 19)

Slide Hours

Mon-Friday 12:00-7:30p
 Saturday 12:00-6:00p
 Sunday 12:00-4:30p

Pool Play Features

Mon-Friday 12:00-8:00p
 Saturday 11:00-6:30p
 Sunday 12:00-4:30p

YMCA Aquatics Programs: Open for Program Use Only

Learn to Swim Classes

Monday-Thursday:
 Morning 8:30-11:00a (R)
 Evening 4:30-7:00p (O)
 Saturday 9-9:45a/10-10:45a

Splash Camp

Mon.-Friday 12:00p-3:00p

Mighty Mahi Rec. Swim Team

Mon.-Friday 10:00a-12:00p

Jr. Lifeguard (Month of June only)

Mon, Wed, Fri. 8:00a-9:00a

Gecko Swim Team

Tues./Thurs. 7:00-8:00p

Westside Silver Fins

U.S. Swimming (age group)

Mon.-Friday 6:00-9:00a
 Mon.-Friday 3:00-6:30p
 Saturday 8:00-10:00a

Westside Silver Fins

Master's Swim Team

M, W, F 6:00-7:00p
 Tues./Thurs. 5:45-6:45a
 Mon.-Fri 12:00-1:00p
 Saturday 10-11:30a

Rec Dive Team

Mon-Thurs 10:00a-12:00p

Outside Groups/Pool Rentals

Mon-Fri 11:00a-3:00p
 Saturdays 6:30-9:00p



We build strong kids, strong families, strong communities.

For more information, please contact Bob Platt at (602) 212-5139 or bplatt@vosymca.org