



Large Pool

January 7 - February 16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult Lap 5 - 10 a.m.	Adult Lap 5 - 9 a.m.	Adult Lap 5 - 8 a.m.	Adult Lap 5 - 9 a.m.	Adult Lap 5 - 10 a.m.	Adult Lap 7 - 9 a.m.	
Adult Lap / Water Exercise 10 - 11 a.m.	Adult Lap / Water Exercise 9 - 11 a.m.	Adult Lap / Water Exercise 8 - 9 a.m.				
Adult Lap 11 a.m. - 3:30 p.m.	Adult Lap 11 a.m. - 3:30 p.m.	Adult Lap 9 a.m. - 1 p.m.	Adult Lap / Water Exercise 9 - 10 a.m.	Adult Lap / Water Exercise 10 - 11 a.m.	Swim Lessons (1 Lap Lane) 9 - 11:30 a.m.	Adult Lap / Open Swim 12 - 1 p.m.
		Adult Lap 1 - 3:30 p.m.	Adult Lap 11 a.m. - 3:30 p.m.		Adult Lap / Swim Lessons 11:30 a.m. - 1 p.m.	Open Swim / Pool Party (2 Lap Lanes) 1 - 3:30 p.m.
		Adult Lap / Swim Lessons 1 - 3:30 p.m.			Open Swim / Pool Party (2 Lap Lanes) 1 - 3:30 p.m.	Open Swim / Lap Swim (3 Lanes) 3:30 - 6 p.m.
QV Swim Practice (1 Lap Lane for members) 3:30 - 5 p.m.					Open Swim (3 Lanes) 3:30 - 6 p.m.	(SCUBA 2 lanes of pool)
Swim Team 5 - 7:30 p.m.	Swim Lessons (1 Lap Lane) 5 - 6:30 p.m.	Swim Team 5 - 7:30 p.m.	Swim Team 5 - 7 p.m.	Swim Team 5 - 7:30 p.m.		
Water Exercise / Masters Swim (No Lap Lanes) 7:30 - 8:30 p.m.	Swim Team 6:30 - 8 p.m.	Water Exercise / Masters Swim (No Lap Lanes) 7:30 - 8:30 p.m.	Open Swim / Lap Swim 7 - 8:30 p.m.	Open Swim / Masters Swim (1 Lap Lane) 7:30 - 8:30 p.m.		
Adult Lap 8:30 - 10 p.m.	Adult Lap 8:30 - 10 p.m.	Adult Lap 8:30 - 10 p.m.		Adult Lap 8:30 - 9 p.m.		

ADULT LAP

Adult Lap is reserved for those ages 14 and up. Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kick boards, pull buoys, etc. before entering the pool.

LAP SWIM

Lap Swim can be used by youth that wish to swim laps. Children under age 8 must be accompanied by an adult in the water. Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kick boards, pull buoys, etc. before entering the pool.

OPEN SWIM

Children under 8 years of age or needing a flotation device must be accompanied by an adult in the water.

POOL CLOSURE

The Large Pool will be closed on the following Thursdays for Quaker Valley High School home swim meets.

- Thursday, January 10, 3 - 6 p.m.
 - Thursday, January 24, 3 - 6 p.m.
 - Thursday, January 31, 3 - 6 p.m.
 - Thursday, February 14, 3 - 6:30 p.m.
- Y Swim Meet:
- Saturday, January 12, 12 - 5:30 p.m.

SCUBA CLASS

Scuba Class will share the pool on Sundays, January 20 - February 24 from 3:30 - 5:30 p.m.



Warm Water Pool

January 7 - February 16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Twinges in the Hinges 8 - 9 a.m.	Adult Open 8:15 - 9 a.m.	Twinges in the Hinges 8 - 9 a.m.	AFAP Stretch 8:15 - 9 a.m.	Twinges in the Hinges 8 - 9 a.m.		
Y Swim Lessons 9 - 10 a.m.	Twinges in the Hinges + 9 - 10 a.m.	Bionic Baby Boomers 9 - 10 a.m.	Twinges in the Hinges + 9 - 10 a.m.	Bionic Baby Boomers 9 - 10 a.m.	Y Swim Lessons 9 a.m. - 12 p.m.	
Watson Institute 10 - 11 a.m.	Y Swim Lessons 10 - 11 a.m.	Y Swim Lessons 10 - 11 a.m.	Y Swim Lessons 10 - 11 a.m.	Child Care Swim 10 - 11:30 a.m.		
Twinges in the Hinges 11 a.m. - 12 p.m.	AFAP 11 a.m. - 12 p.m.	Twinges in the Hinges 11 a.m. - 12 p.m.	AFAP 11 a.m. - 12 p.m.	Family Swim 11:30 a.m. - 1 p.m.	Pool Party 12 - 1 p.m.	
Aqua Balance 12 - 1 p.m.	Family Swim 12 - 1 p.m.	Aqua Balance 12 - 1 p.m.	Family Swim 12 - 1 p.m.			
Family Swim 1 - 4 p.m.	Twinges in the Hinges + 1 - 2 p.m.	Family Swim 1 - 6 p.m.	Twinges in the Hinges + 1 - 2 p.m.	Watson Institute 1 - 2 p.m.	Family Swim 1 - 4 p.m.	Family Swim 10 a.m. - 4 p.m.
	Twinges in the Hinges 2 - 3 p.m.		Twinges in the Hinges 2 - 3 p.m.			
Y Swim Lessons 4 - 5:30 p.m.	Family Swim 3 - 6 p.m.		Family Swim 3 - 6 p.m.			
Family Swim 5:30 - 7 p.m.	Y Swim Lessons 6 - 7 p.m.			Family Swim 2 - 8 p.m.		
Y Swim Lessons 7 - 8 p.m.	Twinges in the Hinges + 7 - 8 p.m.	Family Swim 7 - 8 p.m.	Twinges in the Hinges + 7 - 8 p.m.			

FAMILY SWIM

Family Swim is reserved for family and adult use. Kids under 14 must be accompanied by a parent. Youth age 7 and under must be accompanied by a parent in the water for family swim. Private lessons or trainings will occasionally use the pool during Family Swim time.

Family Swim and PA Connected Communities will share the pool on the fourth Friday of each month from 12 - 1 p.m.