






Subject to Change Based on Staff Availability. There is a Limited Capacity, So Access May be Limited Based on the Number of Patrons

Missouri Valley Family YMCA | Aquatics Schedule Sept 11 - May 20

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
	Kerr Pool	Splash Center	Kerr Pool	Splash Center	Kerr Pool	Splash Center	Kerr Pool	Splash Center	Kerr Pool	Splash Center	Kerr Pool	Splash Center	Kerr Pool	Splash Center		
	Lanes	Zero Entry	Lanes	Zero Entry	Lanes	Zero Entry	Lanes	Zero Entry	Lanes	Zero Entry	Lanes	Zero Entry	Lanes	Zero Entry		
5am	Facility Opens at 6am														5am	
6am	Lap Swim/Exercise 5-8:15am	Open Swim 5-9am	Lap Swim/Exercise 5-8:15am	Open Swim 5-9am	Lap Swim/Exercise 5-8:15am	Open Swim 5-9am	Lap Swim/Exercise 5-8:15am	Open Swim 5-9am	Lap Swim/Exercise 5-8:15am	Open Swim 5-9am	Closed		Facility Opens at 9am		6am	
7am	Lap Swim 5 Lanes 5am-1pm	Aqua Fit 8:15-9:05am	Lap Swim 5 Lanes 5am-1pm	Lap Swim/Exercise 5-11:05am	Lap Swim 5 Lanes 5am-1pm	Aqua Fit 8:15-9:05am	Lap Swim 5 Lanes 5am-1pm	Aqua Fit 8:15-9:05am	Lap Swim/Exercise 5-11:05am	Lap Swim/Exercise 5-8:15am	Open Swim 5-9am	Closed		Facility Opens at 9am		7am
8am	Lap Swim 5 Lanes 5am-1pm	Aqua Fit 8:15-9:05am	Lap Swim 5 Lanes 5am-1pm	Lap Swim/Exercise 5-11:05am	Lap Swim 5 Lanes 5am-1pm	Aqua Fit 8:15-9:05am	Lap Swim 5 Lanes 5am-1pm	Aqua Fit 8:15-9:05am	Lap Swim/Exercise 5-11:05am	Lap Swim 5 Lanes 5am-4pm	Swim Lessons 9-11am	Aqua Zumba 10:05-10:55am		Swim Lessons 9am-12pm		8am
9am	Lap Swim 5 Lanes 5am-1pm	Aqua Fit 8:15-9:05am	Lap Swim 5 Lanes 5am-1pm	Lap Swim/Exercise 5-11:05am	Lap Swim 5 Lanes 5am-1pm	Aqua Fit 8:15-9:05am	Lap Swim 5 Lanes 5am-1pm	Aqua Fit 8:15-9:05am	Lap Swim/Exercise 5-11:05am	Lap Swim 5 Lanes 5am-4pm	Swim Lessons 9-11am	Aqua Zumba 10:05-10:55am		Swim Lessons 9am-12pm		9am
10am	Lap Swim 5 Lanes 5am-1pm	Aqua Fit 8:15-9:05am	Lap Swim 5 Lanes 5am-1pm	Lap Swim/Exercise 5-11:05am	Lap Swim 5 Lanes 5am-1pm	Aqua Fit 8:15-9:05am	Lap Swim 5 Lanes 5am-1pm	Aqua Fit 8:15-9:05am	Lap Swim/Exercise 5-11:05am	Lap Swim 5 Lanes 5am-4pm	Swim Lessons 9-11am	Aqua Zumba 10:05-10:55am		Swim Lessons 9am-12pm		10am
11am	Lap Swim/Exercise 9:05am-2pm	Open Swim 11am-1pm	Lap Swim/Exercise 9:05am-2pm	Open Swim 11am-1pm	Lap Swim/Exercise 9:05am-2pm	Open Swim 11am-1pm	Lap Swim/Exercise 9:05am-2pm	Open Swim 11am-1pm	Lap Swim/Exercise 9:05am-2pm	Lap Swim/Exercise 9:05am-2pm	Open Swim 11am-1pm	Aqua Zumba 10:05-10:55am		Swim Lessons 9am-12pm		11am
noon	Lap Swim/Exercise 9:05am-2pm	Open Swim 11am-1pm	Lap Swim/Exercise 9:05am-2pm	Open Swim 11am-1pm	Lap Swim/Exercise 9:05am-2pm	Open Swim 11am-1pm	Lap Swim/Exercise 9:05am-2pm	Open Swim 11am-1pm	Lap Swim/Exercise 9:05am-2pm	Lap Swim/Exercise 9:05am-2pm	Open Swim 11am-1pm	Aqua Zumba 10:05-10:55am		Swim Lessons 9am-12pm		noon
1pm	Lap Swim 2 Lanes 1-2pm	S.A.W. 1-2pm	Lap Swim 2 Lanes 1-2pm	S.A.W. 1-2pm	Lap Swim 2 Lanes 1-2pm	S.A.W. 1-2pm	Lap Swim 2 Lanes 1-2pm	S.A.W. 1-2pm	Lap Swim/Exercise 11:55am-2pm	Lap Swim/Exercise 11:55am-2pm	Open Swim w/Features 12-2pm	Lap Swim/Exercise 10:55-2pm		Lap Swim 5 Lanes 9am-6pm		1pm
2pm	Lap Swim 2 Lanes 1-2pm	S.A.W. 1-2pm	Lap Swim 2 Lanes 1-2pm	S.A.W. 1-2pm	Lap Swim 2 Lanes 1-2pm	S.A.W. 1-2pm	Lap Swim 2 Lanes 1-2pm	S.A.W. 1-2pm	Lap Swim/Exercise 11:55am-2pm	Lap Swim/Exercise 11:55am-2pm	Open Swim w/Features 12-2pm	Lap Swim/Exercise 10:55-2pm		Lap Swim 5 Lanes 9am-6pm		2pm
3pm	Lap Swim 5 Lanes 2-9pm	Open Swim 2-4pm	Lap Swim 5 Lanes 2-9pm	Open Swim 2-4pm	Lap Swim 5 Lanes 2-9pm	Open Swim 2-4pm	Lap Swim 5 Lanes 2-9pm	Open Swim 2-4pm	Lap Swim 5 Lanes 2-9pm	Open Swim 2-4pm	Lap Swim/Exercise 10:55-2pm		Open Swim 12-6pm Slides Open 1-4:50pm		3pm	
4pm	Lap Swim 5 Lanes 2-9pm	Open Swim 2-4pm	Lap Swim 5 Lanes 2-9pm	Open Swim 2-4pm	Lap Swim 5 Lanes 2-9pm	Open Swim 2-4pm	Lap Swim 5 Lanes 2-9pm	Open Swim 2-4pm	Lap Swim 5 Lanes 2-9pm	Open Swim 2-4pm	Lap Swim/Exercise 10:55-2pm		Open Swim 12-6pm Slides Open 1-4:50pm		4pm	
5pm	Lap Swim 4 Lanes 4-6:30pm	Swim Lessons 4-6:30 pm	Lap Swim 4 Lanes 4-6pm	Aqua Zumba 5:45-6:30pm	Swim Lessons 4-6:30 pm	Lap Swim 4 Lanes 4-6:30pm	Swim Lessons 4-6:30 pm	Lap Swim 4 Lanes 4-6:30pm	Swim Lessons 4-6:30 pm	Lap Swim 4 Lanes 4-6:30pm	Swim Lessons 4-6:30 pm	Lap Swim/Exercise 10:55-2pm		Open Swim 12:30pm-6pm Slides Open 1-4:50pm		5pm
6pm	Lap Swim 4 Lanes 4-6:30pm	Swim Lessons 4-6:30 pm	Lap Swim 4 Lanes 4-6pm	Aqua Zumba 5:45-6:30pm	Swim Lessons 4-6:30 pm	Lap Swim 4 Lanes 4-6:30pm	Swim Lessons 4-6:30 pm	Lap Swim 4 Lanes 4-6:30pm	Swim Lessons 4-6:30 pm	Lap Swim 4 Lanes 4-6:30pm	Swim Lessons 4-6:30 pm	Lap Swim/Exercise 10:55-2pm		Open Swim 12:30pm-6pm Slides Open 1-4:50pm		6pm
7pm	Lap Swim/Exercise 6:30-7pm	Open Swim w/Features 6:30-7pm	Lap Swim 5 Lanes 6:45-9pm	Exercise Only 6:30-7pm	Open Swim w/Features 6:30-7pm	Lap Swim/Exercise 6:30-7pm	Exercise Only 6:30-7pm	Open Swim w/Features 6:30-7pm	Lap Swim/Exercise 6:30-7pm	Exercise Only 6:30-7pm	Open Swim w/Features 6:30-7pm	Lap Swim/Exercise 10:55-2pm		Open Swim 12:30pm-6pm Slides Open 1-4:50pm		7pm
8pm	Lap Swim/Open Swim 6:30-9pm	Closed	Lap Swim 5 Lanes 6:45-9pm	Closed	Lap Swim/Open Swim 6:30-9pm	Closed	Lap Swim/Open Swim 6:30-9pm	Closed	Lap Swim/Open Swim 6:30-9pm	Closed	Lap Swim/Exercise 10:55-2pm		Open Swim 12:30pm-6pm Slides Open 1-4:50pm		8pm	
9pm	Lap Swim/Open Swim 6:30-9pm	Closed	Lap Swim 5 Lanes 6:45-9pm	Closed	Lap Swim/Open Swim 6:30-9pm	Closed	Lap Swim/Open Swim 6:30-9pm	Closed	Lap Swim/Open Swim 6:30-9pm	Closed	Lap Swim/Exercise 10:55-2pm		Open Swim 12:30pm-6pm Slides Open 1-4:50pm		9pm	
10pm	Pools Close at 9:00pm Mon - Fri														10pm	

Aquatic Center   Rules & Guidelines	
<b>Age Requirements</b>	
Child's Age	Adult Supervision
0-5 years old	In Pool with Child
6-7 years old	On Pool Deck
8-9 years old	In Building

- Lap/Exercise:** Lanes not in use by scheduled programs are available to those that want to swim laps or exercise in the lane. Lanes are only to be used for lap swimming/exercise. Children under 10 who wish to lap swim must be able to swim multiple laps and the aquatic policy age guidelines apply
- Open Swim:** Lifejackets are available for open swim use. Swimmers in lifejackets must stay in the shallow end of the pool. Children in lifejackets must have an adult in the pool with them.
- YMCA Pool Equipment:** Swim lesson equipment is not available for use outside of YMCA swim lessons. Other pool equipment is only to be used for YMCA Aquatics programming. Limited equipment may be used for individual lap swimming/aqua exercise with permission from Aquatics Director or Aquatics Trainer
- Slide Requirements:** Patrons must be 48" or taller and obey slide rules, individual riders only, no lifejackets on the slide.
- Groups:** Ratio of 1 adult to every 4 children under 5 years old; 1 adult in the pool to every 10 children 5-8 years old

Aquatics Schedule Color Key	
	- Open Swim
	- Lap Swim
	- Exercise
	- Aquatic Group Fitness Classes
	- Swim Lessons