



Mount Vernon Canyon Club 2018 Aquatics Summer Schedule



www.mountvernoncc.com • 303.526.3133 • Pool Manager: Josh Miles joshua@milesfam.com or 303.999.5342

Pool Opening Day: Saturday, May 26th at 10:00 am

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Swim Team (am)	7:30 - 9:00 am - Advanced 9:00 - 10:00 am - Beginners	7:30 - 9:00 am - Advanced 9:00 - 10:00 am - Beginners	7:30 - 9:00 am - Advanced 9:00 - 10:00 am - Beginners	7:30 - 9:00 am - Advanced 9:00 - 10:00 am - Beginners	7:30 - 9:00 am - Advanced 9:00 - 10:00 am - Beginners		
Swim Team (pm)	7:00 - 8:00 pm All Swimmers						
Morning Adult Lap Swim	6:30 - 7:30 am (5/28 - 7/27) 7:30 - 9:00 am (7/30 - 9/3)	6:30 - 7:30 am (5/28 - 7/27) 7:30 - 9:00 am (7/30 - 9/3)	6:30 - 7:30 am (5/28 - 7/27) 7:30 - 9:00 am (7/30 - 9/3)	6:30 - 7:30 am (5/28 - 7/27) 7:30 - 9:00 am (7/30 - 9/3)	6:30 - 7:30 am (5/28 - 7/27) 7:30 - 9:00 am (7/30 - 9/3)	8:30 - 10:00 am	8:30 - 10:00 am
Aqua Aerobics (May 30 - Aug 31)	9:00 - 10:00 am		9:00 - 10:00 am		9:00 - 10:00 am		
Swim Lessons (June 4 - June 27) (July 9 - August 1)	Stage 4: 9:45 am Stage 2: 10:15 am	Stage 3: 9:45 am Stage 1: 10:15 am	Stage 4: 9:45 am Stage 2: 10:15 am	Stage 3: 9:45 am Stage 1: 10:15 am			
Open Swim	10:00 am - 8:00 pm	10:00 am - 8:00 pm	10:00 am - 8:00 pm				

- YMCA Regulations: To be allowed to swim in water greater than chest deep, individuals must be able to pass the swim test. Swim test consists of the following: jump in the deep end and tread water for 1 minute, then immediately start to swim to the shallow end of the pool without touching the pool floor or walls and stand up when they reach the end of the pool. Individuals who have passed the swim test will be marked with swim bands upon each visit. Once the swim test is passed, the individual's name will be added to a list so they can check in with a down rotation guard to obtain their band each day. Parent or guardians must be within arms reach in the water of those not able to pass the swim test. No non-swimmers in the deep end.
- Pool Closures: Pool is closed for 30 minutes after every light strike within 10 miles/audible claps of thunder. Air temperature for pool closure is usually 64 degrees fahrenheit.
- Lap Lane Policy: At least 2 lap lanes will be open daily during Open Swim. During Open Swim, adults have priority lap lane use. Children under the age of 18, may use the lap lanes only if they are swimming laps and there are no adults who wish to use the lanes.
- Swim Lesson Detail: Stage 1 - Water acclimation, Stage 2 - Water movement, Stage 3 - Water stamina, Stage 4 - Swim stroke introduction. Two sessions, \$72 per session.
- Aqua aerobics: Complimentary and open to Century Members only.
- The Vern Adult Lap Swim Challenge: Record your laps all summer and the top three swimmers with the most laps will win prizes at the end of the summer.
- Pool hours: 10:00 am - 8:00 pm. Overlook Grill hours - 11:00 am - 7:00 pm. No swimming unless a guard is on deck.
- Proposed Post Labor Day Pool Weekend Schedule: 9/4 - 10/1 ~ Fridays: 4:30 - 8:00 pm, Saturdays & Sundays: 10:00 am - 8:00 pm