



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# January Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am							
6:00am							
6:30am	Adult Swim *6	Adult Swim *6	Adult Swim *6	Adult Swim *6	Adult Swim *6		
7:00am						Adult Swim *6	
7:30am							
8:00am	AM Workout *2		AM Workout *2		AM Workout *2		
8:30am							
9:00am	Open Swim *2	Tabata Tuesday *1	Open Swim *2	Open Swim *2	Open Swim *2		
9:30am							
10:00am	Aqua Ampd *1	Open	*2	H2O Tone *1	Aqua Bata *1		
10:30am		Child Dvlpmnt*0	Child Dvlpmnt *0				
11:00am							
11:30am							Open Swim *2
12:00pm	Open Swim *2	Open Swim *2	Open Swim *2	Open Swim *2	Open Swim *2	Open Swim *2	
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm	HS Swim Team *0	HS Swim Team *0	HS Swim Team *0	HS Swim Team *0	HS Swim Team *0		HS Swim Team
3:30pm							Water Aerobics
4:00pm							Swim Team
4:30pm							Child Development
5:00pm	Wet n Wild *2		Wet n Wild *2				Swim Lessons
5:30pm							Adult Swim
6:00pm	Swim Team *0	Swim Team *0	Swim Team *0	Swim Team *0			Open Swim
6:30pm							Summer Camp
7:00pm							
7:30pm	(7:45)	(7:45)	(7:45)	(7:45)	(7:45)		
8:00pm							
	Number after * is how many lap lanes are open	Schedule is subject to change		Lifeguard on duty is in charge	Child Development will start lessons October 15	Women's locker room closed during Child Development 10:45- 11:45am	

## Ligonier Valley High School Swim Schedule

\*\*Home meets the pool will close at 3 and reopen by 6:30 for the remainder of the evening\*\*

\*\*Away meets the pool will be “open swim” time throughout the high school swim team time listed on the schedule (3:15-5:00pm)\*\*

December 4 <sup>th</sup>	Home @ Ligonier YMCA	4:30 PM
December 9 <sup>th</sup>	Away @ Kiski Area High School	4:30 PM
December 11 <sup>th</sup>	Home @ Ligonier YMCA	4:30 PM
December 18 <sup>th</sup>	Home @ Ligonier YMCA	4:30 PM
January 8 <sup>th</sup>	Away @ Saint Francis University	6:00 PM
January 13 <sup>th</sup>	Away @ Valley	4:30 PM
January 15 <sup>th</sup>	Home @ Ligonier YMCA	4:30 PM
January 21 <sup>st</sup>	Away @ Derry Area High School	4:30 PM
January 25 <sup>th</sup>	Away @ WCCA	TBD
January 29 <sup>th</sup>	Home @ Ligonier YMCA	4:30 PM
February 3 <sup>rd</sup>	Away @ Uniontown High School	6:00 PM
February 6 <sup>th</sup>	Away @ Mount Pleasant Area	6:00 PM
February 8 <sup>th</sup>	Away @ Indiana University of PA	TBD
February 10 <sup>th</sup>	Home @ Ligonier YMCA	4:30 PM
February 21 <sup>st</sup>	Away @ WPIAL	TBD
February 22 <sup>nd</sup>	Away @ WPIAL	TBD