



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

SHALLOW POOL SCHEDULE

FALL September 2– December 31, 2018

(Schedule is subject to change)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------|---------------------------------|---------------------------------|---------------------------------|--|-----------------------------------|--------------------------|
| Water Walk 5:30-10:00 | Water Walk 5:30-6:00 | Water Walk 5:30-10:00 | Water Walk 5:30-6:00 | Water Walk 5:30-10:00 | Water Walk 7:15-10:00 | |
| Special P \$ 10:00-11:30 | Water Boot Camp 6:00-7:00 | Special P \$ 10:00-11:30 | Water Boot Camp 6:00-7:00 | Special P \$ 10:00-11:30 | | |
| Aqua Flex 11:30-12:15 | Water Walk 7:00-10:00 | Aqua Flex 11:30-12:15 | Water Walk 7:00-10:00 | Aqua Flex 11:30-12:15 | Swim Lessons \$ 10:00-11:00 | |
| Water Walk 12:15-3:30 | Open Swim 10:00-11:30 | Water Walk 12:15-3:30 | Open Swim 10:00-11:30 | Special P. \$ / Water Walk 12:15-1:30 | Open Swim 11:00-5:00 | Water Walk 11:30-2:30 |
| | Water Walk 11:30-2:30 | | Water Walk 11:30-3:00 | Swim Lessons \$ 1:30-2:30 | | Family Swim 2:30-4:00 |
| | Swim Lessons 2:30-3:00 | | | Water Walk 2:30-3:30 | | |
| Special P. \$ 3:30-5:00 | Open Swim 3:00-5:00 | Special P. \$ 3:30-5:00 | Open Swim 3:00-5:00 | Special P. \$ 3:30-5:00 | | |
| Swim Lessons \$ 5:00-6:30 | Swim Lessons \$ 5:00-6:30 | Swim Lessons \$ 5:00-6:30 | Swim Lessons \$ 5:00-6:30 | Swim Lessons \$ (Make up) 5:00-6:30 | Water Walk 5:00-7:00 | Water Walk 4:00-5:30 |
| Open Swim 6:30-8:00 | Water Walk 6:30-9:00 | Open Swim 6:30-8:00 | Water Walk 6:30-9:00 | Open Swim 6:30-8:30 | | |
| Water Walk 8:00-9:00 | | Water Walk 8:00-9:00 | | | | |

Age 7 and younger: Parent must be in the pool with this age group and within arms reach of the child during **Family and Open Swim**.

Age 8-15 must have a parent in the pool area to enter the pool area during **Family Swim**.

Age 8-15 must have a parent in the building during **Open Swim**.

Please see the lifeguard for swim test and wrist band for all youth.

\$: These classes are paid programs. Please see the front desk.

Classes: Please see the front desk for class descriptions.

Water Walk: This is for ages 16 and up.

All Swimmers must wear a swim suit to enter the pool.

Thunder and Lightning causes pools to remain closed 30 minutes past last observation.



FOR YOUTH DEVELOPMENT®
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DEEP LAP POOL SCHEDULE

FALL September 2– December 31, 2018

(Schedule is subject to change)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|------------------------------|---|--|---|
| Lap Swim 5:30-8:30 | Lap Swim 5:30-8:30 | Lap Swim 5:30-8:30 | Lap Swim 5:30-8:30 | Lap Swim 5:30-8:30 | Lap Swim 7:15-9:00 | |
| Water in Motion 8:30-9:30 | Water in Motion 8:30-9:30 | Water in Motion 8:30-9:30 | Water in Motion 8:30-9:30 | Water in Motion 8:30-9:30 | Water in Motion 9:00-10:00 | |
| Lap Swim 9:30-10:00 | Lap Swim 9:30-10:00 | Lap Swim 9:30-10:00 | Lap Swim 9:30-10:00 | Lap Swim 9:30-10:00 | Lap Swim 10:00-12:00 | |
| Special P \$ 10:00-12:00 | Special P \$ 10:00-12:00 | Special P \$ 10:00-12:00 | Special P \$ 10:00-12:00 | Special P \$ 10:00-12:00 | Special P \$ 12:00-1:30 <small>(*Begins Oct 6th)</small> | Masters Swim\$ 11:00-1:00 <small>(Begins Sept 16)</small> |
| Lap Swim 12:00-3:30 | Lap Swim 12:00-3:30 | Lap Swim 12:00-3:30 | Lap Swim 12:00-2:00 | Lap Swim 12:00-5:00 | Open Swim 1:30-4:00 | Lap Swim 1:00-2:30pm |
| | | | Aqua Bands 2:00-3:00 | | | |
| Swim Team \$ 3:30-5:00 <small>(begins Sept 10)</small> | Swim Team \$ 3:30-5:00 | Swim Team \$ 3:30-5:00 | Swim Team \$ 3:30-5:00 | | | Family Swim 2:30-4:00 |
| Swim Lessons \$ 5:00-6:30 | Swim Lessons \$ 5:00-6:30 | Swim Lessons \$ 5:00-6:30 | Swim Lessons \$ 5:00-6:30 | Swim Lessons \$ (Make up) 5:00-6:30 | Lap Swim 4:00-7:00 | Lap Swim 4:00-5:30 |
| Water in Motion 6:30-7:30 | Swim Team \$ 6:30-8:30 <small>(Begins Sept 11)</small> | Water in Motion 6:30-7:30 | Swim Team \$ 6:30-8:30 | Lap Swim 6:30-7:30 | | |
| Lap Swim 7:30-9:00 | Lap Swim 8:30-9:00 | Masters Swim\$ 7:30-9:00 <small>(begins Sept 12)</small> | Lap Swim 8:30-9:00 | Open swim 7:30-8:30 | | |

Age 7 and younger: Parent must be in the pool with this age group and within arms reach of the child during **Family and Open Swim**.

Age 8-15 must have a parent in the pool area to enter the pool area during **Family Swim**.

Age 8-15 must have a parent in the building during **Open Swim**.

Please see the lifeguard for swim test and wrist band for all youth.

\$: These classes are paid programs. Please see the front desk.

Classes: **Please see the front desk for class descriptions.**

Lap Swim: During all programs and at all times, the YMCA will have at least 1 lane open for lap swimming (with the exception of YMCA swim team). Lap Swim is for 16 years and up.

- **Swimming Tip:** 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 kickboards, pull buoys, etc. before entering the pool.

- **Directions:** If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to a "circle" swimming format.

- **Speed:** Please try to choose a lane with swimmers that best match your speed.

All Swimmers must wear a swim suit to enter the pool.

Thunder and Lightning causes pools to remain closed 30 minutes past last observation.