

# YAQUATICS™

We build strong kids, strong families, strong communities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1:30-2:30p Lap swim	5:30-7:30a Adult Lap Swim	5:30-7:30a Adult Lap Swim	5:30-7:30a Adult Lap Swim	5:30-7:30a Adult Lap Swim	5:30-7:30a Adult Lap Swim	7:30-9:30a Lap Swim
2:30-4:30p Open Swim	<b>7:30-7:45</b> <b><u>Safety Break</u></b>	<b>7:30-7:45</b> <b><u>Safety Break</u></b>	<b>7:30-7:45</b> <b><u>Safety Break</u></b>	<b>7:30-7:45</b> <b><u>Safety Break</u></b>	<b>7:30-7:45</b> <b><u>Safety Break</u></b>	<b>9:30-9:45</b> <b><u>Safety Break</u></b>
	7:45-9:15 Lap Swim/ Water Walking	7:45-9:15 Lap Swim/ Water Walking	7:45-9:15 Lap Swim/ Water Walking	7:45-9:15 Lap Swim/ Water Walking	7:45-9:15 Lap Swim/ Water Walking	9:45-11:50 Swim Lessons
	<b>9:15-9:30</b> <b><u>Safety Break</u></b>	<b>9:15-9:30</b> <b><u>Safety Break</u></b>	<b>9:15-9:30</b> <b><u>Safety Break</u></b>	<b>9:15-9:30</b> <b><u>Safety Break</u></b>	<b>9:15-9:30</b> <b><u>Safety Break</u></b>	<b>11:50-12:00p</b> <b><u>Safety Break</u></b>
	9:30-10:30 Shallow Water	9:30-10:30 Shallow Water	9:30-10:30 Shallow Water	9:30-10:30 Shallow Water	9:30-11:15 Lap Swim/ Water Walking	12:00-2:00p Open Swim (3 lanes) Lap Swim (1 lane)
	10:15-11:00 Swim Lessons	10:15-11:00 Swim Lessons	10:15-11:00 Swim Lessons	10:15-11:00 Swim Lessons	<b>11:15-11:30</b> <b><u>Safety Break</u></b>	<b>2:00-2:15</b> <b><u>Safety Break</u></b>
	<b>11:00-11:15</b> <b><u>Safety Break</u></b>	<b>11:00-11:15</b> <b><u>Safety Break</u></b>	<b>11:00-11:15</b> <b><u>Safety Break</u></b>	<b>11:00-11:15</b> <b><u>Safety Break</u></b>	11:30-1:30p Adult Lap Swim	2:15-4:30 Open Swim
	11:15-1:30p Adult Lap Swim	11:15-1:30p Adult Lap Swim	11:15-1:30p Adult Lap Swim	11:15-1:30p Adult Lap Swim	<b>1:30-1:45p**</b> <b><u>Safety Break</u></b>	**Hot Tub closes for cleaning every Friday from 1:30-4:30
	<b>1:30-1:45p</b> <b><u>Safety Break</u></b>	<b>1:30-1:45p</b> <b><u>Safety Break</u></b>	<b>1:30-1:45p</b> <b><u>Safety Break</u></b>	<b>1:30-1:45p</b> <b><u>Safety Break</u></b>	1:45-3:45 Lap Swim/ Water Walk	
	1:45-3:45 Lap Swim/ Water Walk	1:45-3:45 Lap Swim/ Water Walk	1:45-3:45 Lap Swim/ Water Walk	1:45-3:45 Lap Swim/ Water Walk	<b>3:45-4:00</b> <b><u>Safety Break</u></b>	
	<b>3:45-4:00</b> <b><u>Safety Break</u></b>	<b>3:45-4:00</b> <b><u>Safety Break</u></b>	<b>3:45-4:00</b> <b><u>Safety Break</u></b>	<b>3:45-4:00</b> <b><u>Safety Break</u></b>	4:00-6:00 Adult Lap Swim	
	4:00-6:00 Adult Lap Swim	4:00-6:00 Adult Lap Swim	4:00-6:00 Adult Lap Swim	4:00-6:00 Adult Lap Swim	<b>6:00-6:15</b> <b><u>Safety Break</u></b>	
	<b>6:00-6:15</b> <b><u>Safety Break</u></b>	<b>6:00-6:15</b> <b><u>Safety Break</u></b>	<b>6:00-6:15</b> <b><u>Safety Break</u></b>	<b>6:00-6:15</b> <b><u>Safety Break</u></b>	6:15-8:00 Open Swim	
	6:15-7:15 Shallow Water	6:15-7:30 Deep Water	6:15-7:00 Masters Swim	6:15-7:30 Deep Water		
	6:15-7:50 Swim Lessons	6:15-7:50 Swim Lessons	6:15-7:50 Swim Lessons	6:15-7:50 Swim Lessons		
	7:50-8:30 Open Swim	7:50-8:30 Open Swim	7:50-8:30 Open Swim	7:50-8:30 Open swim		

Note: We try to keep this schedule as uninterrupted as possible, yet adjustments are sometimes necessary.

## Pool Schedule Effective 11-1-09

\*\*\*SEE BACK FOR ACTIVITY DESCRIPTIONS\*\*\*

## ACTIVITY DESCRIPTIONS

**Adult Lap Swim** - The pool is sectioned off into 4 lanes for members to exercise. During this time, members may swim laps. Members are asked to be courteous and respectful of other members. If there are several members waiting to swim, please circle swim and share the lanes. \*

**Deep Water** - Searching for a class with no impact? Deep water aerobics is just right for you. This class gives you a cardiovascular and toning workout. \*\*

**Camp Swim** - During this time, the pool is closed so that the participants in YMCA Day Camp can have some fun in the pool. Do the kids look like they're having fun? Ask the front desk how you can enroll your child!

**Lap Swim** - The pool is sectioned off into 4 lanes for members to exercise. During this time, members may swim laps. Members are asked to be courteous and respectful of other members. If there are several members waiting to swim, please circle swim and share the lanes. \*\*\*

**Master Swim** - The Master Swim program gives participants a swim workout provided by a coach. The coach is available to help with stroke technique as well. Please check with the front desk to find out how you can register.

**Open Swim** - The pool is open to members of all ages to enjoy the pool. The number of members in the pool will determine whether any lap lanes will be available for lap swim. Please check pool rules for age restrictions and swim test policy.

**Shallow Water** - The non-impact environment of the water lets you move freely to reduce body fat and increase flexibility. This is a total body workout to increase your cardiovascular and tone your muscles. Join us and splash yourself to a healthier you. \*\*

**Swim Lessons** - The YMCA offers lessons for ages 6 months to adult. The pool is reserved for these lessons and the number of participants will determine if a lap lane will be available for lap swim. Please check with the front desk to find out how to register.

**Water Walking** - The pool is sectioned off into 4 lanes for members to exercise. During this time members may walk and do other forms of aerobics in the water. The YMCA asks for members to share lanes during this activity.

\*Age restriction: Minimum age during this time is 15 years old.

\*\*Age restriction: 12-14 years old are allowed in the classes if accompanied by an adult.

\*\*\*Age restriction: 8 years and older are allowed in the water **so long as the person is consistently swimming laps.**