



# POOL SCHEDULE

Effective November 12, 2018

## AQUATIC CENTER

### WADING AREA

Open Swim M-F 5 am-8:30 pm • Saturday 11 am - 4:30 pm • Sunday 9 am-4:30 pm

### CURRENT CHANNEL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>WATER WALKING</b>	5:00-8:30 am 12:15-2:00pm 5:00-6:45pm	5:00-8:30 am 9:15-12:00 pm 5:00-6:45pm	5:00-8:30 am 12:15-1:45pm 5:00-6:45pm	5:00-8:30 am 9:15-12:00 pm 5:00-6:45pm	5:30-8:30 am 11:30-1:00 pm 5:00-6:30 pm	6:00-7:30 am 3:30-4:30 pm	9:00-11:00 am 3:30-4:30 pm
<b>OPEN SWIM</b>	2:00-5:00 pm 7:45-8:30 pm	12:45-5:00 pm 7:45-8:30 pm	1:45-5:00 pm 7:45-8:30 pm	1:00-5:00 pm 7:45-8:30 pm	1:00-5:00 pm 7:45-8:30 pm	9:00am-2:30pm 11:30-3:30 pm	11:00-3:30 pm

**Note: Current level can be adjusted at the lifeguard's discretion.**

A minimum of 3 participants required to run a water fitness class. Pool schedule is subject to change.

Monday-Thursday morning Water Fitness Classes run at the same time as Swim Lessons.

### ACTIVITY AREA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>OPEN SWIM</b>	5:00-8:30 am 12:20-5:00 pm 7:45-8:30 pm	5:00-8:30 am 1:00-4:00 pm 7:30-8:30 pm	5:00-8:30 am 12:20-4:00 pm 7:45-8:30 pm	5:00-8:30 am 1:00-4:00 pm 7:45-8:30 pm	5:00-8:30 am 12:20-8:30 pm *Swim Lesson Makeup *Aqua Groove 6:45-7:35	6:00-7:30 am 11:30-4:30 pm	9:00-4:30 pm

**\*\*Any times not listed above for walking or open swim are filled with Swim Lessons or Water Fitness Classes.\*\***

### WATER FITNESS CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SAFE</b>	8:30-9:15 am	8:30-9:15 am	8:30-9:15 am & 11:20a-12:05pm	8:30-9:15 am	8:30-9:15 am & 11:20a-12:05pm	
<b>Aqua Tone</b>	9:20-10:15 am	6:45p-7:30p	9:20-10:15 am		9:20-10:15 am	
<b>Swimnastics</b>	10:20-11:15 am		10:20-11:15 am		10:20-11:15 am	
<b>Aqua Classic</b>			6:45p-7:35p			
<b>Aqua Pop</b>	6:45p-7:30p		11:30a-12:15p			
<b>Aqua Balance</b>				6:45p-7:30p		
<b>Aqua Volleyball</b>					6:45p (informal)	

### LAP POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am-2:00 pm 3:00-8:30 pm	5:00 -7:00 am 10:00 am-2:00 pm 3:00-8:30 pm	5:00 am-2:00 pm 3:00-8:30 pm	5:00 -7:00 am 10:00 am-2:00 pm 3:00-8:30 pm	5:00 am-2:00 pm 3:00-8:30 pm	6:00 am-4:30 pm	9:00 am-4:30 pm



# POOL INFORMATION

## General Pool Information:

### Current Channel

The Channel is open for walking/swimming and or tubing at designated times on the schedule or at the discretion of the aquatics staff.

### Lap Swim

Ages 16 and up unless authorized by the Aquatics Director. Circle swimming with three or more swimmers in one lane. Swim to the right and pass to the left.

### Family/Open Swim

Recreational swim times open to YMCA members and non-members (daily membership fee required). Adults are required in the water with a child who cannot swim. Children 10 years and under must be accompanied by an adult entering the Activity Pool area and pass a swim test to swim in the current channel and exercise area. To pass, the child must be able to swim any stroke by him/herself 1 lap of the exercise area.

### Water Walking Etiquette

No one under the age of 14 is allowed in the Current Channel unless they are water walking and specifically approved by a lifeguard. No horseplay during scheduled water walking times. See schedule for open swim times.

## Class Descriptions:

### SAFE:

The focus of this class is gentle joint stretching to help relieve aches and pains from arthritis and other joint pain. These movements can also help with those who are interested in stretching and strengthening joints and muscles after a surgery or injury. Our pool water is 88 degrees and will help in easing pains and stiffness. We incorporate water walking with muscle stretching/strengthening. We also use equipment for resistance training.

### Swimnastics:

This is a "work at your own pace" class, without the stress and strain of regular land exercises that will build your cardiovascular level and increase your endurance and strength. The class is a CD led workout supervised by staff.

### Aquacise:

This class is excellent for all ages. It can be performed at low levels to help recover from an injury and strengthen muscles after a surgery OR at a higher intensity that allows for a fantastic workout. The class includes movements like sprinting, jumping jacks, squats, crunches, resistance training (water weights) and so much more.

### Aqua Balance:

A low to medium work-out with focus on improving flexibility and balance.

### Aqua Classic:

If you're feeling nostalgic and love music from the 50s - 80s this class is for you! This is a low to medium intensity workout that uses fitness boards, weights, noodles and dance.

**Aqua Tone:** A medium to high impact cross-training workout that incorporates dance choreography and water weights all set to fun music of all genres.

**Aqua Pop:** A medium impact choreographed cardio workout all set to fun music of all genres. Evacuate the dance floor and get in the water!

### Aqua Groove:

Aqua Groove is a low/medium impact aquatic exercise class that covers music from every genre!

### Aqua Volleyball:

Informal game on fridays for ages 10 and up.

## Lap Swimming Etiquette:

1. Lap Swimming only.
2. Stay to the right if a fellow swimmer passes you.
3. To facilitate passing, stop at the end of the lane and let the faster swimmer go on.
4. Avoid excessive splashing, swim in a straight line.
5. When you have completed your laps, leave the pool so your fellow swimmers will have room to turn.
6. Swimmers are expected to share the lanes FAIRLY and CONSIDERATELY.
7. All swimming is to be done in a circular pattern; up on one side of the lane and back on the other side.

## Activity Pool Rules:

1. No running.
2. Absolutely no sitting, standing, or climbing over the thin walls that separate the pool sections.
3. Children 2 & under must be actively\*supervised by an adult (18+)
4. Children 3-9 must remain in the wading area unless they have passed our swim test or are actively\*supervised by an adult (18+)
5. Children under the age of 10 must have an adult (18+) present on pool deck at all times.
6. Non-potty trained children are required to wear a swim diaper.
7. Proper swim attire is required. No cut-offs.
8. No food, drinks (other than water), gum, or tobacco are allowed in the pool area.
9. No street shoes allowed on the pool deck.
10. Only coast guard approved flotation devices are allowed.
11. No rough play (i.e. throwing children into air, wrestling, hanging on basketball hoops and/or net. Play drowning, etc.)
12. No animals.
13. Diaper changing is prohibited on the pool deck.
14. Glass and shatterable items are prohibited.
15. Do not enter the pool if you have a communicable disease or an open cut.

\*Actively supervised means an adult must stay within arms reach of the child at all times when they are in the water.

**FAILURE TO FOLLOW THESE RULES AND/OR THE LIFEGUARD'S INSTRUCTIONS WILL RESULT IN A LOSS OF POOL PRIVILEGES.**

**MAXIMUM PATRONS: 153**

**We reserve the right to periodically make adjustments to the pool schedule as needed. All persons in the pool area must follow directions of the lifeguard or instructor in charge. Failure to do so will result in loss of pool privileges.**