



# POOL SCHEDULE

Effective October 1, 2017

## 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 11:15a-1:00pm 5:00-6:45pm	5:00-8:30 am 9:15-12:00 pm 5:00-6:45pm	5:00-8:30 am 11:15a-1:15pm 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>	1:00-5:00 pm 7:45-8:30 pm	12:45-5:00 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	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 12:20-4:00 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	8:30-9:15 am	8:30-9:15 am	
<b>Aquacise</b>	9:20-10:15 am		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 Splash</b>	11:30am-12:20pm		11:30am-12:20pm		11:30am-12:20pm	
<b>Aqua Groove</b>	6:45-7:35pm		6:45-7:35pm		6:45-7:35pm	
<b>Aqua Tone</b>		6:45-7:35pm		6:45-7:35pm		

### 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 Splash:

Splash, stretch, twist, shout! Integrating dance moves with traditional aqua fitness disciplines, this class blends it all together in a safe, challenging, water-based workout that's cardio conditioning, body toning & exhilarating, all in one!

**Aqua Tone:** Sculpt your way to all-over body fitness as only the combination of water resistance and weights can do! Aqua Tone is a cross-training approach which combines elements of weight training and dance into one medium/high impact class!

**Aqua Groove:** If you like Aqua Zumba than you will love Aqua Groove: There is nothing like a bright atmosphere, great music, dancing, and a warm pool to improve your overall health and fitness mind, body, heart, and soul! Aqua Groove is a low/medium impact aquatic exercise class that covers music from every genre! If you love all types of music and dance, than you will love Aqua Groove! Get your Aqua Groove on!

## 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. Do not enter the pool if you have a communicable disease or an open cut.
2. Do not bring food, drink, gum or tobacco into the pool.
3. Shower before entering the pool and after use of toilet facilities.
4. Do not run or engage in rough play in the pool area.
5. Do not bring animals into the pool area.
6. Diaper changing on the pool deck is prohibited.
7. Glass and shatterable items are prohibited in the pool area.
8. Non-toilet-trained children must wear swim diapers.
9. Children under age 3 **must be actively supervised by an Adult guardian** in the water within arms reach.
10. Children age 4-9 must be supervised by an adult guardian in the pool area.
11. All children under age 10 must pass a swim test to be in the deep water area. If the child cannot pass the swim test, he/she must be accompanied by an adult guardian in the water within arms reach.
12. Children ages 10+ may be in the pool area without an adult guardian.
13. Street shoes on pool deck are prohibited
14. No water wings, tubes and rafts must be transparent.
15. Proper swim attire required. no cutoffs.
16. ABSOLUTELY NO sitting, standing or climbing on or over thin walls that separate sections of Activity pool.

**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.**