

AUBURN VALLEY YMCA • FALL 2009

LAP POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
• • • MORNING • • •							
5	Lap Swim 6 5-6:30	Lap Swim 6 6:30-7:30 TriClub	Lap Swim 6 5-6:30	Lap Swim 6 6:30-7:30 TriClub	Lap Swim 6 5-6:30		Revised 8/24/09
6	Lap Swim 3 6:30-7 Early Birds		Lap Swim 3 6:30-7 Early Birds		Lap Swim 3 6:30-7 Early Birds		
7	Lap Swim 6		Lap Swim 6		Lap Swim 6		
8	Water Aerobics Sheenia Lap Swim 3	Water Aerobics Jennifer Lap Swim 3	Water Aerobics Sheenia Lap Swim 3	Water Aerobics Jennifer Lap Swim 3	Water Aerobics Sheenia Lap Swim 3	Lap Swim 6	
9	Water Aerobics Sheenia Lap Swim 3	Water Aerobics Bonnie Lap Swim 3	Water Aerobics Sheenia Lap Swim 3	Water Aerobics Bonnie Lap Swim 3	Water Aerobics Sheenia Lap Swim 3	Water Aerobics Denise Lap Swim 3 (Lesson 1)	
10	Open Swim Lap Swim 3	Family Swim Lap Swim 2 (Lesson 2)	Open Swim Lap Swim 3	Family Swim Lap Swim 2 (Lesson 2)	Open Swim Lap Swim 3	Lessons 10-11:30	
11	Sassy Seniors Mary Lap Swim 2		Sassy Seniors Mary Lap Swim 2		Sassy Seniors Mary Lap Swim 2		
						Open Swim w/slide Lap Swim 2 (11:30-12:30 Lesson1)	Lap Swim 5 TriClub
• • • AFTERNOON • • •							
12	Lap Swim 5 (Lesson 1)	Lap Swim 5 (Lesson 1)	Lap Swim 5 (Lesson 1)	Lap Swim 5 (Lesson 1)	Lap Swim 5 (Lesson 1)	Open Swim w/slide Lap Swim 2 11:30-5 (11:30-12:30 lesson1)	Family Swim Lap Swim 2 (Lesson 1)
1	Open Swim Lap Swim 2	Open Swim Lap Swim 2	Home Zone Lap Swim 2	Home Zone Lap Swim 2	Open Swim Lap Swim 2		Lessons
2			Open Swim With slide Lap Swim 2	Open Swim Lap Swim 2			Open Swim w/slide Lap Swim 2 (Lesson 1)
3							Open Swim w/slide Lap Swim 2
• • • EVENING • • •							
4	SWIM TEAM	SWIM TEAM	SWIM TEAM	SWIM TEAM	SWIM TEAM	Open Swim w/slide Lap Swim 2	Open Swim w/slide Lap Swim 2 (2-4:30)
5	Lap Swim 5	Lessons 5-6:30	Lap Swim 5	Lessons 5-6:30	Lap Swim 5 TriClub		Open Swim Lap Swim 2
6	Lessons		Lessons		Lessons	Open Swim w/ slide Lap Swim 2 TriClub	
7	Water Aerobics Denise Lap Swim 3	Open Swim w/slide Lap Swim 2 6:30-8	Water Aerobics Denise Lap Swim 3	Open Swim w/slide Lap Swim 2 6:30-8			
8	Lap Swim 6	Lap Swim 6	Lap Swim 6	Lap Swim 6	Lap Swim 6		



Although it is always our intention to follow the scheduled format, YMCA events or training may cause cancellations. Also, there may be times that we will add a lap lane depending on attendance of other events. If any scheduled class or swim is to be cancelled for any reason, notice will be posted. Please see back for program descriptions and lap lane etiquette.

Pool Rules

- **A cleansing shower is required before entering the pool.**
- **Street shoes are not permitted on the pool deck or shower areas.**
- Children unable to pass the swim test must have an adult companion in the water at all times.
- Diving is not permitted.
- Running or rough play is not allowed.
- Prolonged submersion and breath holding are Prohibited.
- Twisting jumps or flips are not allowed.
- No food, drink, or chewing gum in the pool area.
- Participants must wear appropriate attire that is determined based on coverage, safety, and cleanliness.
- Flotation devices and other equipment use are at the discretion of the lifeguards.
- Anyone under the influence of alcohol or drugs are not permitted on the premises.
- Do not use the pool if you have a communicable disease that can be transmitted by water, or have been ill with diarrhea or vomiting in the last two weeks.
- Persons wearing diapers need to have tight fitting protective coverings.
- Diapers must be changed in designated areas only.
- Jumping from the walls onto the mats is not permitted. Enter the water then climb onto the mat.
- Standing on, kneeling on, or swimming underneath the mats is not allowed.
- Mats are not allowed in the activity pool during wade swim.
- Facility age guidelines and the YMCA code of conduct apply in all instances.
- Anyone refusing to obey the aquatic staff will be removed from the premises.

Slide Rules:

- The minimum weight is 40 lbs and the maximum weight is 250 lbs.
- One person on the slide at a time.
- Enter the slide in a feet first sitting position facing forward.
- Leave the slide drop zone area immediately.
- No standing, kneeling, tumbling, horseplay, or stopping in slide tube.

Program Descriptions

Shallow Water Aerobics: Walking, running, jumping and a variety of aerobic movements are performed to increase the heart rate and provide a cardiovascular and strength training workout while utilizing the water's buoyancy and resistance.

Sassy Seniors: Water exercise class for strengthening muscles, increasing flexibility and providing a cardiovascular workout. *Level 1*

Deep Water Aerobics: Uses water resistance to provide a no impact cardiovascular workout. Resistance weights and gloves are used to increase strength. Float belts are provided for buoyancy.

Arthritis: Class designed to emphasize range of motion and increase mobility and balance. Accredited by the Arthritis Foundation.

Early Birds: Water basketball (group of players assembled by members).

Family Swim: Enjoy a time just for families during this scheduled activity. An adult 18 years or older must accompany children in the water.

Y-Tri Club: Swim, bike, and run for fun and/or the competitive edge. Enjoy training with others for better health and fitness. Prepare for triathlon competitions. All fitness levels are welcome (see swim times as marked).

Pool Parties: Pool Parties may include Viking Ship, slide, activity pool, lap pool, spa, or any combination. The Viking Ship is a stationary inflatable used in the Recreation pool. All parties include the spa for guests to enjoy who are over 14 years old. Pool parties are available in one hour time blocks on Saturdays 6:30 to 7:30pm or 7:45-8:45 pm, and Sundays 6:30 to 7:30 pm. All parties include certified lifeguards.

Lap Swim: Lap swims are for adults. *Exceptions* will be made for young adults who are proficient lap swimmers as determined and approved by the lifeguards and lane availability. Water Walkers should follow lap etiquette.

Lap Lane Availability:

M-F: 5:00am - 4:00pm
M/W/F: 5:00pm - 6:00pm
M/W: 7:00pm - 9:00pm
F: 6:00pm - 9:00pm
Sa: 8:00am - 10:00am
Sa: 11:30am - 6:00pm
Su: 11:am - 6:00pm


Water Walkers Welcome!

Lap Swim Etiquette

- Lap swims are for adults. *Exceptions* will be made for young adults who are proficient lap swimmers as determined and approved by the lifeguards and lane availability.
- Swimming circles is necessary at the Auburn Valley YMCA. To swim circles effectively, watch the black center line on the bottom of each lane and stay to the right.
- When pushing off the wall, swimmers should leave adequate space between other swimmers and be careful not to push off directly in front of someone else. It will be clear to other swimmers that you are resting if you stop on the wall on the left side of the lane. Swimmers not planning to stop will move to their left to pass on the wall and push off on the right side as their direction changes.
- To pass another swimmer move to the left, past them, and move back to the right. Faster, more experienced swimmers should watch out for slower swimmers. This means that the slower swimmers including **water walkers** have the "right-of-way", much like pedestrians. Slower swimmers still need to follow lap swim etiquette but faster, more experienced swimmers should be able to pass without the slower swimmer having to worry about being in the way.
- Sometimes it can be difficult or uncomfortable getting someone's attention so that you can share the lane with them. To be effective, start by standing near the lane in hopes that you will be noticed. If you are not noticed, or you are unsure, put your feet in the left side of the lane (in the same place you would stop to rest). By this time, you should have received a sign of acknowledgement from the other swimmer, whether it be stopping to speak with you, moving and staying on one side of the lane, or swimming circles.
- Understand that swimmers may not want to stop to converse because they are in the middle of a workout, but some sort of sign should be recognizable. If you are still unsure, begin swimming, but be cautious until you are sure the other swimmer has noticed you.

AUBURN VALLEY YMCA • FALL 2009

ACTIVITY POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
• • • MORNING • • •							
5							Revised 8/15/09
6	Adult Swim 5 1/2 ft		Adult Swim 5 1/2 ft		Adult Swim 5 1/2 ft		
7		Adult Swim 5 1/2 ft		Adult Swim 5 1/2 ft			
8	Deep Water Aerobics-Adrienne	Deep Water Aerobics-Adrienne	Deep Water Aerobics-Adrienne	Deep Water Aerobics-Adrienne	Deep Water Aerobics-Adrienne		
9	Arthritis-Mary	Deep Water Aerobics-Adrienne	Arthritis-Mary	Deep Water Aerobics-Adrienne	Arthritis-Mary	Adult Swim 5 1/2 ft	
10	Arthritis-Mary	Lessons	Arthritis-Mary	Lessons	Arthritis-Mary	Lessons 10-11:30	
11	Wade Swim 2ft	Wade Swim 2ft	Wade Swim 2ft	Wade Swim 2ft	Wade Swim 2ft		Family Swim 3ft 11-1
• • • AFTERNOON • • •							
12	Lessons	Lessons	Lessons	Lessons	Lessons	Wade Swim 2ft 11:30-2	Family Swim 3ft 11-1
1	Lessons	Arthritis	Lessons	Arthritis	Wade Swim 2ft		Lessons
2	Open Swim 3ft	Open Swim 3ft	Open Swim 3ft	Open Swim 3ft	Open Swim 3ft	Open Swim 3ft 2-6	Open Swim 3ft 2-6
3	Deep Water Aerobics-Tammy		Deep Water Aerobics-Tammy		Adult Swim 5 1/2 ft		
• • • EVENING • • •							
4	Open Swim 3ft	Open Swim 3ft	Open Swim 3ft	Open Swim 3ft	Open Swim 3ft	Open Swim 3ft 2-6	Open Swim 3ft 2-6
5	Lessons	Lessons 5-6:30	Lessons	Lessons 5-6:30			
6		6:30-7:00 Wade Swim 2ft		6:30-7:00 Wade Swim 2ft			
7	Deep Water Aerobics-Bonnie	Deep Water Aerobics-Bonnie	Deep Water Aerobics-Bonnie	Deep Water Aerobics-Bonnie	Deep Water Aerobics-Bonnie		

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Hot Tub Rules

- A cleansing shower is required before entering the hot tub.
- Time should be limited to **10 minutes**.
- No one under 14 years of age is permitted in the hot tub.
- Do not exercise in the hot tub.
- Pregnant women, persons with heart, diabetic, or other medical conditions should consult a physician prior to using the hot tub.
- Only members 14 years and older are allowed in the spa.