

AQUATIC CENTER FALL 2009

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
Lap Pool	Activity Pool	Lap Pool	Activity Pool	Lap Pool	Activity Pool	Lap Pool	Activity Pool	Lap Pool	Activity Pool	
5 - 6:30 Lap Swim 6	Closed	5 - 8 Lap Swim 6 TriClub 6:30-7:30	Closed	5 - 6:30 Lap Swim 6	Closed	5 - 8 Lap Swim 6 TriClub 6:30-7:30	Closed	5 - 6:30 Lap Swim 6	Closed	
6:30 - 7 Early Birds Lap Swim 3	6 - 8 Adult Swim 5 ^{1/2} ft		Closed	6:30 - 7 Early Birds Lap Swim 3	Closed		6 - 8 Adult Swim 5 ^{1/2} ft	Closed	6:30 - 7 Early Birds Lap Swim 3	6 - 8 Adult Swim 5 ^{1/2} ft
7 - 8 Lap Swim 6			7 - 8 Adult Swim 5 ^{1/2} ft	7 - 8 Lap Swim 6	7 - 8 Adult Swim 5 ^{1/2} ft		7 - 8 Lap Swim 6			
8 - 9 Water Aerobics Lap Swim 3	8 - 9 Deep Aerobics	8 - 9 Water Aerobics Lap Swim 3	8 - 9 Deep Aerobics	8 - 9 Water Aerobics Lap Swim 3	8 - 9 Deep Aerobics	8 - 9 Water Aerobics Lap Swim 3	8 - 9 Deep Aerobics	8 - 9 Water Aerobics Lap Swim 3	8 - 9 Deep Aerobics	
9 - 10 Water Aerobics Lap Swim 3	9 - 10 Arthritis	9 - 10 Water Aerobics Lap Swim 3	9 - 10 Deep Aerobics	9 - 10 Water Aerobics Lap Swim 3	9 - 10 Arthritis	9 - 10 Water Aerobics Lap Swim 3	9 - 10 Deep Aerobics	9 - 10 Water Aerobics Lap Swim 3	9 - 10 Arthritis	
10 - 11 Open Swim Lap Swim 3	10 - 11 Arthritis	10 - 12 Family Swim Lap Swim 2 (Lesson 2)	10 - 11 Lessons	10 - 11 Open Swim Lap Swim 3	10 - 11 Arthritis	10 - 12 Family Swim Lap Swim 2 (Lesson 2)	10 - 11 Lessons	10 - 11 Open Swim Lap Swim 3	10 - 11 Arthritis	
11 - 12 Sassy Seniors Lap Swim 3	11 - 12 Wade Swim 2ft		11 - 12 Wade Swim 2ft	11 - 12 Sassy Seniors Lap Swim 3	11 - 12 Wade Swim 2ft		11 - 12 Wade Swim 2ft	11 - 12 Sassy Seniors Lap Swim 3	11 - 12 Wade Swim 2ft	11 - 12 Sassy Seniors Lap Swim 3
12 - 1 Lap Swim 5 (Lesson 1)	12 - 1 Lessons	12 - 1 Lap Swim 5 (Lesson 1)	12 - 1 Lessons	12 - 1 Lap Swim 5 (Lesson 1)	12 - 1 Lessons	12 - 1 Lap Swim 5 (Lesson 1)	12 - 1 Lessons	12 - 1 Lap Swim 5 (Lesson 1)	12 - 1 Lessons	
1 - 4 Open Swim Lap Swim 2	1 - 2 Lessons	1 - 4 Open Swim Lap Swim 2	1 - 2 Arthritis	HOME ZONE LESSONS	1 - 2 Lessons	HOME ZONE LESSONS	1 - 2 Arthritis	1 - 4 Open Swim Lap Swim 2	1 - 2 Wade Swim 2ft	
	2 - 3 Open Swim 3ft		2 - 5 Open Swim 3ft	2 - 4 Open Swim Lap Swim 2	2 - 3 Open Swim 3ft	2 - 4 Open Swim Lap Swim 2	2 - 5 Open Swim 3ft		2 - 3 Open Swim 3ft	
	3 - 4 Deep Aerobics		3 - 4 Adult Swim 5 ^{1/2} ft	3 - 4 Deep Aerobics						
4 - 5 SWIM TEAM	4 - 5:00 Open Swim 3ft	4 - 5 SWIM TEAM	4 - 5 SWIM TEAM	4 - 5 SWIM TEAM	4 - 5:00 Open Swim 3ft	4 - 5 SWIM TEAM	4 - 5 SWIM TEAM	4 - 5 SWIM TEAM	4 - 7 Open Swim 3ft	
5 - 6 Lap Swim 5	5 - 7 Swim Lessons	5 - 6:30 Lessons	5 - 6:30 Lessons	5 - 6 Lap Swim 5	5 - 7 Swim Lessons	5 - 6:30 Lessons	5 - 6:30 Lessons	5 - 6 Lap Swim 5		
6 - 7 Swim Lessons		6:30 - 8 Open w/slide Lap Swim 2 TriClub	6:30-7 Wade Swim 2 ft	6 - 7 Swim Lessons		6:30 - 8 Open w/slide Lap Swim 2	6:30-7 Wade Swim 2 ft	6 - 8 Open w/slide Lap Swim 2 TriClub 5-8		
7 - 8 Water Aerobics Lap Swim 3	7 - 8 Deep Aerobics	7 - 8 Deep Aerobics	7 - 8 Water Aerobics Lap Swim 3	7 - 8 Deep Aerobics	7 - 8 Deep Aerobics	7 - 8 Deep Aerobics	7 - 8 Deep Aerobics	7 - 8 Deep Aerobics		
8 - 9 Lap Swim 6	Closed	8 - 9 Lap Swim 6	Closed	8 - 9 Lap Swim 6	Closed	8 - 9 Lap Swim 6	Closed	8 - 9 Lap Swim 6	Closed	

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SATURDAY		SUNDAY	
Lap Pool	Activity Pool	Lap Pool	Activity Pool
8 - 9 Lap Swim 6	Closed	Closed	Closed
9 - 10 Water Aerobics Lap Swim 3 (Lesson 1)	9 - 10 Adult Swim 5 ^{1/2} ft		Revised 8/15/09
10 - 11:30 Lessons	10 - 11:30 Lessons		
11:30 - 5 Open Swim w/slide Adult Lap 2 (11:30-12:30 Lesson 1)	11:30 - 2 Wade Swim 2ft	11 - 12 Adult Lap TriClub	11 - 1 Family Swim 3 ft
		12 - 1 Family Swim Lap Swim 2 (Lesson 1)	
	1 - 2 Lessons	1 - 2 Lessons	
5 - 6 Open Swim Adult Lap 2	2 - 5 Open Swim 3ft	2 - 4:30 Open Swim w/slide Lap Swim 2 (2- 3 Lesson 1)	2 - 4:30 Open Swim 3 ft
	4:30 - 6 Open Swim Adult Lap 1		



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 who refuses to obey the aquatic staff can be removed from the premises.

Slide Rules:

- The minimum weight is 40 lbs and the maximum weight is 250 lbs.
- No standing, kneeling, tumbling, horseplay, or stopping in slide tubes.
- 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.

PROGRAM DESCRIPTIONS

Home Zone: Afternoon physical education in the pool and in the gym. Home zone is a new program targeted to meet the physical activity needs of youth 5 and older who may not have access to physical education in current school environments.

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.

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.

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

Arthritis: Class designed to emphasize range of motion and increase mobility and balance. Class 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.

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. See lap lane etiquette on lap pool schedule.

TriClub: 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.

Swim Test: Anyone under the age of 14 must pass the swim test to swim in the lap pool without an adult.

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.