

# LAP POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>						
5:00 - 12 :00 PM Lap Swim (4)	5:00 - 12 :00 PM Lap Swim (4)	5:00 - 12 :00 PM Lap Swim (4)	5:00 - 12 :00 PM Lap Swim (4)	5:00 - 12 :00 PM Lap Swim (4)	8:00 –10 :00 AM Lap Swim (4)	
					9:00 - 10:00 AM <i>Coming Soon... Water Workout</i>	
					10:00 - 12:15PM Swim Lessons  <i>Lap Swim (2-3)</i>	10:00 -12:00 PM Lap Swim (4)
<b>AFTERNOON &amp; EVENING</b>						
12:00 – 4:00 PM Lap Swim (4)	12:00 - 5:00 PM Lap Swim (4)	12:00 – 4:00 PM Lap Swim (4)	12:00 - 5:00 PM Lap Swim (4)	12:00 -7:00 PM Lap Swim (4)	12:15 - 2:00 PM Lap Swim (4)	12:00 - 2:00 PM Lap Swim (4)
4:00 - 6:15 PM Swim Lessons  Lap Swim (2-3)	5:00 - 7:15 PM Swim Lessons  Lap Swim (2-3)  <i>5:30-6:30 PM Coming Soon... Deep Water Aerobics</i>	4:00 - 6:15 PM Swim Lessons  Lap Swim (2-3)	5:00 - 7:15 PM Swim Lessons  Lap Swim (2-3)  <i>5:30-6:30 PM Coming Soon... Deep Water Aerobics</i>		2:00 - 6:00 PM Recreation Swim & Lap Swim (2)	2:00 - 6:00 PM Recreation Swim & Lap Swim (2)
6:15 - 9:00 PM Lap Swim (4)	7:15 - 9:00 PM Lap Swim (2)	6:15 - 9:00 PM Lap Swim (4)	7:15 - 9:00 PM Lap Swim (2)	7:00 - 9:00 PM Recreation Swim & Lap Swim (2)	<p>Although it is always our intention to follow the scheduled format, classes and programs may change without notice.</p> <p>Classes with low attendance may be removed from the schedule.</p> <p>We appreciate your cooperation.</p> <p>See back for class and program descriptions.</p>	
9:00 - 10:00 PM Adult Swim & Lap Swim (3)	9:00 - 10:00 PM Adult Swim & Lap Swim (3)	9:00 - 10:00 PM Adult Swim & Lap Swim (3)	9:00 - 10:00 PM Adult Swim & Lap Swim (3)	9:00 - 10:00 PM Adult Swim & Lap Swim (3)		

- 1 lap lane is guaranteed during programs. Lap lanes available will vary depending on the size of the program being offered.

## Adult Swim

18 years of age and older desiring to improve their fitness and skills. During lap swim times, when two or more swimmers are in one lane, circle swim is required.

## Family Swim

Recreational swimming for families. This time is geared towards families with small children. Children must be accompanied by a parent/guardian 18 years or older in the water during family swim, regardless of passing a swim test.

## Lap Swim

There will always be at least 1 lap lane available. Number of lanes used during program times will be determined by program size/number of participants.

14 years of age or older recommend, Adults have priority at the discretion of the lifeguard. Must swim laps; this is not a recreational swim time. Must be FISH level or above (able to swim 150 yards with out stopping), pass lap swimming test administered by a lifeguard. When 2 or more swimmers are in one lane, circle swim is required.

## Recreational (REC) Swim

All ages. Children 13 years of age and younger are subject to the swim test policy (see flyer for details). Youth who do not pass the swim test or youth considered to be a non swimmer must be accompanied by a parent/guardian 18 years or older in the water at all times. Youth requiring a lifejacket or floatation device are considered non swimmers.

### Two non-swimmers per one adult ratio will be enforced.

**Youth 7 years of age and under :** If they pass a swim test may be in the pool alone, but must have a parent/guardian 18 years or older on the pool deck to supervise.

**Youth 8-10 years of age:** If they pass the swim test may be in the pool alone, but must have a parent/guardian 18 years or older in the building.

**Youth 11-13 years of age:** If they pass the swim test may be in the pool alone without a parent/guardian present in the building.

## Tiny Waves

Recreational swimming for children 6 months—5 years of age and their parents. Children must be accompanied by a parent/guardian 18 years or older at all times. Parent or guardian must be with in arms length. A 2 child : 1 adult ratio will be enforced at all times.

## Water Walking

Non-structured time for water fitness. Members are welcome to use the aquatic fitness equipment to achieve a vertical water workout. This is not a recreational swim time.

## ABOUT THE POOL

Lap Pool Temperature: 81 - 83 degrees      Depth: 4' - 6' deep  
Activity Pool Temperature: 86 - 88 degrees      Depth: 2' - 4'4" deep  
Spa Temperature: 100 - 103 degrees

Main chemicals in the pool - Chlorine & CO<sub>2</sub>

We have stairs and a seated lift to help with Pool entries & exits. Anyone using the Pool or Spa must be able to enter and exit without assistance from the YMCA Aquatic (or other) Staff.

## WHIRLPOOL/HOT TUB

For your child's health and safety, and due to Health Dept. Regulations, youth 6 years of age and under are NOT allowed. Those 7-13 must be accompanied by a parent /guardian 18 years or older while in the whirlpool.

## WATER FITNESS CLASSES

### Deep Water Aerobics

Water resistance is used to give you a great NO impact cardiovascular workout in the deep end of the pool, feet do not touch the bottom, and flotation belts are provided for comfort and safety. A variety of water dumbbells are used for conditioning.

### Shallow Water Aerobics

Walking, running, jumping and a variety of aerobic movements are preformed in the shallow end of the pool to increase heart rate and provide both a cardiovascular and strength training workout. A variety of water equipment, dumbbells, noodles, etc. are used for conditioning.

**NOTE:** Before starting any new exercise program it is always recommended to consult your physician, go at your own pace and inform your instructor if you have any medical, health or other special concerns or needs.

## SWIM LESSONS

Parent/Child - Ages 6 months - 36 months  
Shrimp - (6mo - 18mo) Water Adjustment  
Perch - (18mo—36mo) Basic Skills

Pre-school - Ages 3 - 5 years  
Pike - Beginning Skills  
Eel - Advanced Beginner Skills  
Ray - Intermediate Skills  
Starfish - Advanced Skill

Youth - Ages 6 - 12 years  
Polliwog - Beginning Skills  
Guppy - Advanced Beginner Skills  
Minnow - Intermediate Skills  
Fish - Advanced Intermediate Skills  
Flying Fish - Advanced Skills

Adult - Ages 13+  
Beginner - Basic Skills  
Intermediate - Technique Training  
Advanced - Fitness and Endurance

## SIX "P-L-E-As" FOR PROTECTION AGAINST RECREATIONAL WATER ILLNESSES (RWIS)

PLEASE don't swim when you have diarrhea...this is especially important for kids in diapers.

PLEASE don't swallow the pool water.

PLEASE practice good hygiene.

PLEASE take your kids on bathroom breaks often.

PLEASE change diapers in a bathroom and not at poolside.

PLEASE wash your child thoroughly (especially the rear end) with soap and water before and after swimming.

## HEALTH INFORMATION

Please keep your child at home for:

- Band-Aids covering open wounds (bleeding or oozing fluids).
- Green mucus or yellow discharge from the nose.
- Had a fever, vomited or had diarrhea in the last 48 hours.
- Headache, earache, sore throat, listlessness or loss of appetite.
- Had shots/immunizations that day.
- Sinus or ear infection.

For questions regarding our Aquatic Programs, please contact:

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