



FOR YOUTH DEVELOPMENT[®]
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

More than just a pool

MON

6 Lap Lanes
5:30-8:30am

Aqua Charged
2 Lap Lanes
8:30-9:20am

Aquacise
2 Lap Lanes
9:20-10:05am

2 Rec. Lanes
4 Lap Lanes
10:05-4:00pm

Swim Lessons*
2 Lap Lanes
4:00-6:00pm

Adult Lessons*
1 Rec. Lane
3 Lap Lanes
6:00-6:45pm

2 Rec. Lanes
4 Lap Lanes
6:45-8:50pm

TUES

6 Lap Lanes
5:30-7:00am

Master's Swim*
2 Lap Lanes
7:00-8:00am

6 Lap Lanes
8:00-9:30am

Aqua Fitness
3 Lap Lanes
9:30-10:30am

2 Rec. Lanes
4 Lap Lanes
10:30-4:00pm

Swim Team*
2 Lap Lanes
4:00-5:30pm

Splash & Dash
3 Lap Lanes
5:30-6:00pm

Triathlete Class
4 Lap Lanes
6:00-6:30pm

2 Rec. Lanes
4 Lap Lanes
6:30-8:50pm

WED

6 Lap Lanes
5:30-8:30am

Aqua Charged
2 Lap Lanes
8:30-9:20am

Aquacise
2 Lap Lanes
9:20-10:05am

2 Rec. Lanes
4 Lap Lanes
10:05-2:00pm

3rd Grade
Learn to Swim
2 Lap Lanes
2:00-2:45pm

2 Rec. Lanes
4 Lap Lanes
2:45-4:00pm

Swim Lessons*
2 Lap Lanes
4:00-6:00pm

2 Rec. Lanes
4 Lap Lanes
6:00-8:50pm

THUR

6 Lap Lanes
5:30-7:00am

Master's Swim*
2 Lap Lanes
7:00-8:00am

6 Lap Lanes
8:00-9:30am

Aqua Fitness
3 Lap Lanes
9:30-10:30am

2 Rec. Lanes
4 Lap Lanes
10:30-4:00pm

Swim Team*
2 Lap Lanes
4:00-5:30pm

Swim Lessons*
2 Lap Lanes
5:30-7:30pm

2 Rec. Lanes
4 Lap Lanes
7:30-8:50pm

FRI

6 Lap Lanes
5:30-8:30am

Aqua Charged
2 Lap Lanes
8:30-9:20am

Aquacise
2 Lap Lanes
9:20-10:05am

2 Rec. Lanes
4 Lap Lanes
10:05-2:00pm

3rd Grade
Learn to Swim
2 Lap Lanes
2:00-2:45pm

2 Rec. Lanes
4 Lap Lanes
2:45-8:50pm

SAT

2 Rec. Lanes
4 Lap Lanes
7:30-4:50pm

SUN

2 Rec. Lanes
4 Lap Lanes
12:00-4:50pm

SCHEDULE IS SUBJECT TO CHANGE

PLEASE NOTE: Complete Pool rules on back & posted in pool area.

- Swimming is a fun family activity! Please note the times for rec. swim as listed above.
- When there are 2 swimmers in a lane, they may elect to either split the lane in half or circle swim. The entrance of a third swimmer immediately changes the lane to "circle" swim.

*fee based program

effective 10/12/2016

POOL RULES

- No diving, running, or rough play allowed.
- All swimmers must shower at the YMCA before entering the pool.
- All children 11 and younger must be accompanied by a parent or guardian in the pool area at all times.
- All children 8 and younger must have a parent or guardian in the pool at arms length at all times.
- Parents or guardians are responsible for supervising their children.
- Lifeguards are on duty to enforce rules and to respond to cases of emergency.
- Children 2 years and younger must wear swim diapers or liners at all times.
- Please use locker rooms to change your child's swimsuit.
- No glass bottles, gum, soap, food or razors allowed in pool area.
- Breath holding activities are prohibited except during supervised instruction.
- Proper swim attire must be worn. No cut-offs or t-shirts allowed.
- Spitting, blowing of the nose or discharge of bodily waste in the pool prohibited.
- Sitting or hanging on float lines is not allowed.
- All non-swimmers are requested to wear a Coast Guard Approved Personal Flotation Device during recreational swim times.
- Obey the lifeguard at all times.

LAP SWIM RULES

- Shower at the YMCA before entering the pool.
- Lap swimming is available to swimmers 12 years and older.
- Three or more swimmers per lane must use circle formation. Two swimmers per lane may agree to split the lane.
- Use of fins, hand paddles are other equipment may be allowed provided it does not interfere with other swimmers.
- Swimmers must continuously swim the length of the pool. Stopping, other than at the pool ends is not allowed.
- The lifeguard is the final authority at all times.

CLASS DESCRIPTIONS:

- **Aqua Charged:** A high energy aerobic workout using the principles of land routines in the water. Increase your cardio fitness, build strength, endurance and flexibility to an upbeat tempo.
- **Splash & Dash:** This 30 minute high intensity class, combines core, balance and strength into a full body water aerobics interval workout. Please come early to stretch and leave a few extra minutes to cool down.
- **Aquacize:** A low-impact, shallow water group program that develops strength and stretches muscles to help seniors and those members rehabilitating after injury to reach maximum mobility and agility.
- **Aqua Fitness:** A low-impact, shallow water workout for men and women that will stretch muscles, increase agility and range of motion.
- **Master's Swim:** YMCA Masters Swim Team is designed for, but not limited to, the intermediate-advanced swimmer who would like to improve on endurance and stroke technique. Competitive swimmers and beginners are welcome!

SWIMMING IS NOT JUST FOR SUMMER! Group, private and semi-private lessons are held year round. Find more information at the Member Service Desk or contact the Aquatics Department at:

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