

# AQUATICS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Main Pool Schedule Sept 3-Dec 31, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
5:00am	Lap Swim/ Walking	Lap Swim/ Walking	Lap Swim/ Walking	Lap Swim/ Walking	Lap Swim/ Walking	Lap Swim/ Walking	Lap Swim/ Walking	5:00am		
6:00am										6:00am
7:00am	5-8	5-9:30	5-8	5-9:30	5-8					7:00am
8:00am	Water Fitness Wave Makers 8-9		Water Fitness Wave Makers 8-9		Water Fitness Wave Makers 8-9					8:00am
9:00am	Water Fitness HIIT		Water Fitness HIIT		Water Fitness HIIT					9:00am
9:30am	9-10	Water Resistance	9-10	Water Resistance	9-10					9:30am
10:00am	Water Fitness Wave Makers	9:30-10:30	Water Fitness Wave Makers	9:30-10:30	Water Fitness Wave Makers					10:00am
10:30am	10-11		10-11		10-11					10:30am
11:00am	Stretching & Strengthen 11-12	Joyful Joints 11-12	Stretching & Strengthen 11-12	Joyful Joints 11-12	Stretching & Strengthen 11-12			8:00am- 1:00pm	Lap Swim/ Walking 11:00am- 1:00pm	11:00am
12:00pm	Lap Swim/ Walking	Lap Swim/ Walking	Lap Swim/ Walking	Lap Swim/ Walking	Lap Swim/ Walking					12:00pm
1:00pm	Water Fitness	12-2	Water Fitness	12-2	Water Fitness			Open Swim	Open Swim	1:00pm
1:30pm	1-2		1-2		1-2					2:00pm
2:00pm	Lap Swim/		Lap Swim/		Lap Swim/	1-3:30	1-3:00			2:30pm
2:30pm	2:00-4:00pm	12-4:00pm	2:00-4:00pm	12-4:00pm	2:00-4:00pm	Lap (3)	Lap (3)	2:30pm		
3:30pm						GROUPS ARE NOT ALLOWED DURING OPEN SWIMS.		3:30pm		
4:00pm	Swim Lessons 4:00-5:30pm	Swim Lessons 4:00-5:30pm	Swim Lessons 4:00-5:30pm	Swim Lessons 4:00-5:30pm	Lap Swim/ Walking					4:00pm
5:30pm	Lap Swim 5:30-6:00	Lap Swim 5:30-6:00	Lap Swim 5:30-6:00	Lap Swim 5:30-6:00						5:30pm
6:00pm	Open Swim 6:00-7:30	Aqua Zumba 6:00-7:00pm	Open Swim 6:00-7:30	Aqua Zumba 6:00-7:00pm	Open Swim 6:00-7:30					6:00pm
7:00pm	Open Swim	Lap Swim 7-7:30	Open Swim	Lap Swim 7-7:30	Open Swim					7:00pm
7:30pm								7:30pm		

- There is always at least one lane available for lap swim in the main pool, sometimes two or three, depending on use.
- Class Descriptions are on previous page.
- Water in unbreakable container is only beverage allowed on pool decks. NO GLASS

# AQUATICS

The lifeguards are on duty to ensure patron safety and prevent accidents from happening. All guest and members must follow the direction of the lifeguards and the posted rules at all times. If you disagree with the lifeguard, please follow their instructions and discuss your concerns with the Aquatics Director

## Appropriate Swimwear

All swimmers must wear appropriate swim wear. Swimsuit required, no cotton or denim allowed. Swim diapers are required for those who need them. Showers are required for everyone, prior to entering the pool. Not street shoes are to be worn on the pool deck.

## Diaper Policy

Only swim diapers may be worn into the pool. Disposable diapers will not be allowed. Swim diapers may be available to purchase from the front desk in a variety of sizes ranging from infants to adults. The cost ranges from \$1 or \$2, depending on size.

## Fragrance Free Zone

Many of our members have a sensitivity to fragrances that are found in perfume, hair spray, body spray, and other products. Because of the humid air in the aquatics area, it is especially hard in the swimming pools. Please remember to shower off before entering any of our pools, and take care to remove traces of products with fragrances. Also, please don't apply these products in any of the locker rooms at the YMCA.

Thank you for your consideration of other members.

## Recreational Swim Programs

### Open Swim

Open to all members and guests. Children under 9 years and/or under 52" in height must be accompanied by an adult in the water at all times and must be kept within arm's reach, even if they are wearing a life jacket. Exceptions may be made for children who can pass a swim test. Swim test

### Family Swim

These are recreational swims for families only. Defined as children 17 & under with a parent or guardian in the water at all times.

For safety we ask that you limit non-swimmers to 2 per adult. Non-swimmers are considered anyone who is not able to swim on their own, including those wearing life jackets. Exceptions may be made at the lifeguard's discretion.

We do not allow the use of inflatable toys in any of our pools. Members and guest may bring a USGS approved lifejacket, or there are some available to borrow. All other toy use is allowed with lifeguard permission. The lifeguard can revoke those privileges if they see the toy becoming unsafe or disrupting other members.

## WATER FITNESS

### Joyful Joints

This water-based program is tailor made for people with arthritis, fibromyalgia, or limited range of motion. The class works on good body mechanics and increasing mobility from head to toe.

### HIIT

Interval training approach to water fitness. You do an intense bursts of exercise followed by a short but active recovery period. HIIT gets and keeps your heart rate up while it usually burns more fat in less time.

### Water Resistance

This beginning water cardio workout uses a variety of equipment to increase endurance, strength, balance, and stability for performing daily tasks.

### Wave Makers

This moderately paced water cardio workout integrates a variety of cardiovascular movements, strength training, and flexibility exercises for agility, coordination, balance, and fun.

### Aqua Zumba

Splash your way into shape with a Latin inspired, low-impact, calorie burning, dance fitness pool party.

## LAP LANE ETIQUETTE

**Entry**—Always use a feet-first entry. Please make sure that anyone already in the lane, sees you before you enter the lane.

**Sharing**—If two people need to use one lane, please split the lane in the middle and keep to your respective side.

**Non-swimmers**—There should be no walking, jogging or stationary exercise outside of the designated walking lane during lap swims.

**Age requirement**—Lap swimmers need to be at least 14 years old and be able to swim continuous lengths of the pool. Swimmers who are younger than 14 but have the ability to lap swim, may do so when accompanied by a parent or guardian, with permission from the lifeguard on duty.