

# pool schedule

effective December 16, 2020

**NOTE: POOL IS CLOSED AT TIMES WHEN NO ACTIVITY IS LISTED**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>7:00-7:45 AM</u> Early Bird Lap Swim	<u>6:00-6:45 AM</u> Early Bird Lap Swim	<u>6:00-6:45 AM</u> Early Bird Lap Swim	<u>6:00-6:45 AM</u> Early Bird Lap Swim	<u>6:00-6:45 AM</u> Early Bird Lap Swim	<u>6:00-6:45 AM</u> Early Bird Lap Swim	<u>7:00-7:45 AM</u> Early Bird Lap Swim
<u>8:00-8:45 AM</u> Early Bird Lap Swim	<u>7:00-7:45 AM</u> Early Bird Lap Swim	<u>7:00-7:45 AM</u> Early Bird Lap Swim	<u>7:00-7:45 AM</u> Early Bird Lap Swim	<u>7:00-7:45 AM</u> Early Bird Lap Swim	<u>7:00-7:45 AM</u> Early Bird Lap Swim	<u>8:00-8:45 AM</u> Early Bird Lap Swim
<u>9:00-9:45 AM</u> Lap Swim	<u>8:00-8:45 AM</u> Early Bird Lap Swim	<u>8:00-8:45 AM</u> Early Bird Lap Swim	<u>8:00-8:45 AM</u> Early Bird Lap Swim	<u>8:00-8:45 AM</u> Early Bird Lap Swim	<u>8:00-8:45 AM</u> Early Bird Lap Swim	<u>9:00-9:45 AM</u> Lap Swim
<u>10:00-10:45 AM</u> Lap Swim	<u>9:00-9:45 AM</u> Water Exercise	<u>9:00-9:45 AM</u> Water Exercise	<u>9:00-9:45 AM</u> Water Exercise	<u>9:00-9:45 AM</u> Water Exercise	<u>9:00-9:45 AM</u> Water Exercise	<u>10:00-10:45 AM</u> Lap Swim
<u>11:00-11:45 AM</u> Lap Swim	<u>10:00-10:45 AM</u> Nerieds	<u>10:00-10:45 AM</u> Lap Swim	<u>10:00-10:45 AM</u> Nerieds	<u>10:00-10:45 AM</u> Lap Swim	<u>10:00-10:45 AM</u> Lap Swim	<u>11:00-11:45 AM</u> Lap Swim
<u>12:00-12:45 PM</u> Lap Swim	<u>11:00-11:45 AM</u> Water Exercise	<u>11:00-11:45 AM</u> ENCORE	<u>11:00-11:45 AM</u> Water Exercise	<u>11:00-11:45 AM</u> Water Exercise	<u>11:00-11:45 AM</u> Water Exercise	<u>12:00-12:45 PM</u> Lap Swim
<u>1:00-1:45 PM</u> Open Swim	<u>12:00-12:45 PM</u> Lap Swim	<u>12:00-12:45 PM</u> Lap Swim	<u>12:00-12:45 PM</u> Lap Swim	<u>12:00-12:45 PM</u> Lap Swim	<u>12:00-12:45 PM</u> Lap Swim	<u>1:00-1:45 PM</u> Open Swim
<u>2:00-2:45 PM</u> Open Swim	<u>1:00-1:45 PM</u> Lap Swim	<u>1:00-1:45 PM</u> Lap Swim	<u>1:00-1:45 PM</u> Lap Swim	<u>1:00-1:45 PM</u> Lap Swim	<u>1:00-1:45 PM</u> Lap Swim	<u>2:00-2:45 PM</u> Open Swim
<u>3:00-4:00 PM</u> Synchro-Maids	<u>2:00-2:45 PM</u> Open Swim	<u>2:00-2:45 PM</u> Open Swim	<u>2:00-2:45 PM</u> Open Swim	<u>2:00-2:45 PM</u> Open Swim	<u>2:00-2:45 PM</u> Open Swim	<u>3:00-4:00 PM</u> SCUBA
<u>4:00-5:00 PM</u> Synchro-Maids	<u>3:00-4:00 PM</u> Open Swim	<u>3:00-4:00 PM</u> Open Swim	<u>3:00-4:00 PM</u> Open Swim	<u>3:00-4:00 PM</u> Open Swim	<u>3:00-4:00 PM</u> Open Swim	<u>4:00-5:00 PM</u> SCUBA
	<u>4:00-5:00 PM</u> Lap Swim	<u>4:00-5:00 PM</u> Lap Swim	<u>4:00-5:00 PM</u> Open Swim	<u>4:00-5:00 PM</u> Open Swim	<u>4:00-5:00 PM</u> Open Swim	<u>5:00-5:45 PM</u> SCUBA
	<u>5:00-5:45 PM</u> Lap Swim	<u>5:00-5:45 PM</u> Lap Swim	<u>5:00-5:45 PM</u> Lap Swim	<u>5:00-5:45 PM</u> Lap Swim	<u>5:00-5:45 PM</u> Lap Swim	
	<u>6:00-6:45 PM</u> Water Exercise	<u>6:00-6:45 PM</u> Water Exercise	<u>6:00-6:45 PM</u> Water Exercise	<u>6:00-6:45 PM</u> Water Exercise	<u>6:00-6:45 PM</u> Lap Swim	

For information about signing up for reserved activities, call us at **508-767-2505**, visit the front desk, or go to **ywcacm.org**.

# POOL ACTIVITY DESCRIPTIONS

## POOL ACTIVITY GUIDELINES:

**Lap Swim:** The session will be 45 minutes long with one swimmer per lane. Each session will include a 15 minute period for swimmers to dry off and the pool to be cleaned.

**Water Exercise:** the session will be minutes long with two swimmers per lane-each swimmer getting a 6'x10' area to utilize. Each session will include a 15 minute period for swimmers to dry off and the pool to be cleaned.

**Learn to Swim:** There will be two classes with three students in each,

## SWIM STYLE DESCRIPTIONS

**Open Swim:** Open to all ages (includes infants, preschoolers, youth, teens and adults).

**Partial Open Swim:** The area of 2 lap lanes are open to all ages (includes infants, preschoolers, youth, teens and adults).

**Lap Swim:** Swimming in designated lanes. Open to men & women, ages 13 & over. "Open Style" lane available for water exercise, water running, synchronized swimming or other styles.

**Women's Dip:** Women ages 18 & over. No men or teens. One or two lap lanes available on request.

**Open Swim/Lap Lane:** Open Swim with 2 or 3 lap lanes available. Lap lane priority is given to lap swimmers.

**Deep Water Dip:** Swimming in the deep end of the pool only. The shallow end of the pool in use for classes.

**Shallow Water Dip:** Swimming in the shallow end of the pool only. The deep end of the pool in use for classes.

**Family Swim:** Children with adults. Children under age 18 must be accompanied by an adult age 18 or over.

**Note:** To assure the safety of all pool users, Lifeguard may adjust the number of lanes based on pool participation.

## AQUATIC CLASS DESCRIPTIONS

**Ai Chi:** A simple water exercise and relaxation program performed using a combination of deep breathing and slow, broad movements of the arms, legs, and torso in continual patterns. Benefits include increased muscle strength, balance, posture, and joint flexibility.

**Joint Effort:** A low-impact shallow water class designed for people with Arthritis. The class consists of gentle movements with focus on maintaining range of motion, balance and strength.

**Deep Water Exercise:** A deep-water aerobics class that is great for anyone in need of a good stretch and a high-energy workout. Held in the deep end of the pool, this non-impact class is designed to improve strength, flexibility and endurance. Flotation belts are used to maximize balance and effective exercise.

**Shallow Water Exercise:** High energy, low impact workout class, held in the shallow end of the pool. Built into the class is a strong cardio segment combined with strength training, using resistant equipment and stretching to improve flexibility.

## AGE & SUPERVISION REQUIREMENTS

*Note: additional age requirements are noted in swim descriptions.*

**Child under 6 years:** Adult (18 & over) must accompany in water.

**Child 6–12 years:** Adult (18 & over) must accompany in pool area.

**Child over 13 years:** No supervision required.