

# pool schedule

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

 = Pool reserved for private activity.

Effective January 3 - March 31, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>7:00-9:00 AM</u> Lap Swim	<u>6:00-9:00 AM</u> Lap Swim	<u>6:00-9:00 AM</u> Lap Swim	<u>6:00-9:00 AM</u> Lap Swim	<u>6:00-9:00 AM</u> Lap Swim	<u>6:00-8:40 AM</u> Lap Swim	<u>7:00-9:00 AM</u> Lap Swim
<u>9:00 AM-12:00 PM</u> Swim Lessons	<u>9:00-10:00 AM</u> Water Exercise with Cynthia	<u>9:00-10:00 AM</u> Water Exercise with Cynthia	<u>9:00-10:00 AM</u> Water Exercise with Cynthia	<u>9:00-10:00 AM</u> Water Exercise with Cynthia	<u>8:45-9:30 AM</u> Water Exercise with Cynthia	<u>9:00 AM-12:00 PM</u> Swim Lessons
<u>12:00-2:00 PM</u> 2 Lap Lanes/ Open Swim	<u>10:00 AM -11:00 AM</u> Nereids	<u>10:00-11:00 AM</u> Pool Closed	<u>10:00-11:00 AM</u> Nereids	<u>10:00-11:00 AM</u> Pool Closed	<u>9:30-11:00 AM</u> Pool Closed	<u>12:00 PM-2:00 PM</u> 2 Lap Lanes/ Open Swim
	<u>11:00-12:00 PM</u> Water Exercise with Cynthia	<u>11:00-12:00 PM</u> Encore with Cynthia	<u>11:00 AM-12:00 PM</u> Water Exercise with Cynthia	<u>11:00 AM -12:00 PM</u> Water Exercise with Cynthia	<u>11:00 AM -12:00 PM</u> Water Exercise with Cynthia	<u>2:00-5:00 PM</u> Pool Party
	<u>12:00-2:00 PM</u> Lap Swim	<u>12:00-2:00 PM</u> Lap Swim	<u>12:00-2:00 PM</u> Lap Swim	<u>12:00-2:00 PM</u> Lap Swim	<u>12:00-2:00 PM</u> Lap Swim	
	<u>2:00- 2:45 PM</u> Water Exercise with John	<u>2:00-3:00 PM</u> Open Swim	<u>2:00-3:00 PM</u> Water Exercise with John	<u>2:00-5:00 PM</u> Open Swim	<u>2:00-5:00 PM</u> Open Swim	
	<u>3:00-4:00 PM</u> Open Swim	<u>3:00 PM-5:00 PM</u> Swim Lessons	<u>3:00-4:00 PM</u> Open Swim	<u>5:00-6:00 PM</u> 2 Lap Lanes/ Open Swim	<u>5:00-6:00 PM</u> 2 Lap Lanes/ Open Swim	
	<u>4:00-5:00 PM</u> Lap Swim	<u>5:00-6:00 PM</u> 2 Lap Lanes/ Open Swim	<u>4:00-6:00 PM</u> SPLASH	<u>6:00-7:00 PM</u> Water Exercise with Katie	<u>6:00-7:00 PM</u> Open Swim	
	<u>5:00-6:00 PM</u> 2 Lap Lanes/ Open Swim	<u>6:00-7:00 PM</u> Water Exercise with Mary	<u>6:00-7:00 PM</u> Water Exercise with Mary	<u>7:00-9:30 PM</u> Special Event	<u>7:00-8:30 PM</u> Family Fun Friday	
	<u>6:00-7:00 PM</u> Water Dance Exercise with Kris	<u>7:00-8:00 PM</u> Open Swim	<u>7:00-8:00 PM</u> Open Swim		<u>8:30-9:30 PM</u> SCUBA	
	<u>7:00-8:00 PM</u> Swim Lessons	<u>8:00-9:30 PM</u> SCUBA				



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 45 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.

## 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.

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

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

## AQUATIC CLASS DESCRIPTIONS

**Water Dance:** Let the water hold you while you dance to the best tunes! Classic rock, fresh pop and lively latin jams. Keep it fun while the water works all muscles and joints with support. Adaptable to your level.

## 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.

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