



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

Tom A. Finch Community YMCA - AUGUST 2017

YMCA SWIM LESSONS:	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Group swim lessons will take place on August 7, 8, 9, and 10 ONLY. Open swim and lap lane are available when there are no scheduled swim lessons.</p> <p>STORM CLOSING POLICY: The pool will close during thunderstorms for 30 minutes after the last sound of thunder or flash of lightning. This is for safety of members and program participants.</p> <p>WATER FITNESS: Please see schedule on back for water fitness times and descriptions.</p>	<p>OPEN SWIM LAP LANE</p> <p>2:00-5:45pm</p>	<p>OPEN SWIM</p> <p>6:15-9:00am</p> <p>1:30-6:30pm</p> <p>8:30-9:00pm</p> <p>*See SDC Swim Lessons*</p>	<p>OPEN SWIM</p> <p>7:00am-12:00pm</p> <p>12:45-5:00pm</p> <p>7:00-9:00pm</p> <p>*See SDC Swim Lessons*</p>	<p>OPEN SWIM</p> <p>6:15-9:00am</p> <p>1:30-6:30pm</p> <p>7:30-9:00pm</p>	<p>OPEN SWIM</p> <p>7:00am-12:00pm</p> <p>12:45-5:00pm</p> <p>7:00-9:00pm</p>	<p>OPEN SWIM</p> <p>6:15-9:00am</p> <p>1:30-7:45pm</p>	<p>OPEN SWIM LAP LANE</p> <p>8:30am - 3:45pm</p>
	<p>LAP LANE</p> <p>5:45-6:15am <i>(lap only)</i></p> <p>6:15-9:00am</p> <p>12:00-12:45pm <i>(lap only)</i></p> <p>2:30-6:30pm</p> <p>7:30-9:00pm</p>	<p>LAP LANE</p> <p>7:00am-5:00pm</p> <p>12:00-12:45pm <i>(lap only)</i></p> <p>12:45-1:30pm</p> <p>2:30-5:00pm</p> <p>5:00-9:00pm</p>	<p>LAP LANE</p> <p>5:45-6:15am <i>(lap only)</i></p> <p>6:15-9:00am</p> <p>12:00-12:45pm <i>(lap only)</i></p> <p>12:45-1:30pm</p> <p>2:30-5:00pm</p> <p>5:00-9:00pm</p>	<p>LAP LANE</p> <p>7:00am-5:00pm</p> <p>12:00-12:45pm <i>(lap only)</i></p> <p>12:45-1:30pm</p> <p>2:30-5:00pm</p> <p>5:00-9:00pm</p>	<p>LAP LANE</p> <p>5:45-6:15am <i>(lap only)</i></p> <p>6:15-9:00am</p> <p>12:00-12:45pm <i>(lap only)</i></p> <p>12:45-1:30pm</p> <p>2:30-5:00pm</p> <p>5:00-9:00pm</p>	<p>LAP LANE</p> <p>7:00am-5:00pm</p> <p>12:00-12:45pm <i>(lap only)</i></p> <p>12:45-1:30pm</p> <p>2:30-5:00pm</p> <p>5:00-9:00pm</p>	<p>LAP LANE</p> <p>5:45-6:15am <i>(lap only)</i></p> <p>6:15-9:00am</p> <p>12:00-12:45pm <i>(lap only)</i></p> <p>12:45-1:30pm</p> <p>2:30-5:00pm</p> <p>5:00-9:00pm</p>
		<p>Water Fitness</p> <p>9:00am-12:00pm</p> <p>12:45-1:30pm</p>	<p>Tville PT/HPR PT</p> <p>11:00am-3:00pm</p>	<p>Water Fitness</p> <p>9:00am-12:00pm</p> <p>12:45-1:30pm</p>	<p>Homeschool Swim</p> <p>10:00-11:00am</p>	<p>Water Fitness</p> <p>9:00am-12:00pm</p> <p>12:45-1:30pm</p>	
		<p>Summer Day Camp Swim Lessons</p> <p>1:30-2:30 (8/7, 14)</p>	<p>Summer Day Camp Swim Lessons</p> <p>1:30-2:30pm (8/1, 8, 15)</p>	<p>A Child's World Swims</p> <p>1:30-2:30pm</p>	<p>Tville PT/HPR PT</p> <p>11:00am-3:00pm</p>	<p>BSS Swims</p> <p>1:30-2:30pm</p>	
		<p>YMCA Swim Lessons</p> <p>5:00-6:30pm (8/7 ONLY)</p>	<p>YMCA Swim Lessons</p> <p>5:00-6:30pm (8/8 ONLY)</p>	<p>BSS Swims</p> <p>2:30-3:30pm</p>	<p>YMCA Swim Lessons</p> <p>5:00-6:30pm (8/10 ONLY)</p>	<p>SDC POOL PARTY</p> <p>6:45-7:45pm (8/4 ONLY)</p>	
		<p>Water Fitness</p> <p>6:30pm-7:30pm</p>		<p>YMCA Swim Lessons</p> <p>5:00-6:30pm (8/9 ONLY)</p>			
		<p>Davidson Co. Special Olympics</p> <p>7:30-8:30 (3 lap lanes)</p>		<p>Water Fitness</p> <p>6:30pm-7:30pm</p>			



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SWIMMER GUIDELINES:

- Children 5 and under must have an adult 19 or over in the pool with them at all times.
- ALL Children who require a swim aid must have an adult 19 or over in the pool with them at all times.
- Lifeguards may require swim testing.
- Inflatable Flotation is not allowed. Members and guests are welcome to use life jackets and float belts provided by our facility.
- Appropriate swim attire must be worn at all times in the pool. Cut offs, gym shorts, and street clothes are not permitted in the pool.

SWIM TESTS:

GREEN TEST	YELLOW TEST	RED
<ul style="list-style-type: none"> • Jump/slide in deep end of pool • Swim to lifeguard chair and back <ul style="list-style-type: none"> • Tread water 30 seconds • Float on back for 30 seconds <p>(must not touch the side at any point)</p> <p>Privileges May swim anywhere in the open swim area of the pool.</p>	<ul style="list-style-type: none"> • Jump/Slide in pool at shallow end • Swim from pool wall to lap lane divider <p>(must not touch side or bottom at any point)</p> <p>Privileges May swim in the open swim area in the shallow end of the pool</p>	<p>(Non-Swimmers)</p> <p>Privileges Swimmer must remain at the shallow end of the pool <u>with an adult in water</u> at arms length.</p> <p>Swimmer required to wear YMCA provided life jacket.</p>

WATER FITNESS:

Deep Water Fitness: Our most intense water exercise class that includes full body movements such as walking, jogging, and running. Try this class for the ultimate water exercise challenge!

Water Fitness for Health: Uses a combination of cardiovascular and strength training exercises to provide a fun and invigorating workout. Upper and lower body strengthening exercises complete this total body workout. The evening class may use the deep end of the pool at times.

No Impact: This incorporates water walking and exercises that concentrate on joint movements, range of motion, flexibility, balance, and endurance. Great class for beginners!

Splash: Offers LOTS of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required.

Class Times:

Monday	Wednesday	Friday
9:00-9:45am - Deep Water Fitness	9:00-9:45am - Deep Water Fitness	9:00-9:45am - Deep Water Fitness
9:45-10:30am - Water Fitness for Health	9:45-10:30am - Water Fitness for Health	9:45-10:30am - Water Fitness for Health
10:30-11:15am- No Impact	10:30-11:15am- No Impact	10:30-11:15am- No Impact
11:15am-12:00pm - No Impact	11:15am-12:00pm - No Impact	11:15am-12:00pm - No Impact
12:45-1:30pm - Splash	12:45-1:30pm - Splash	12:45-1:30pm - Splash
6:30-7:30pm - Water Fitness for Health	6:30-7:30pm - Water Fitness for Health	