



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

Tom A. Finch Community YMCA - DECEMBER 1-17

SWIM TEAM:	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>High school swim teams will be using the pool through February. Please double check the pool schedule because pool space will be limited during this time.</p>	Pool Hours 2:00-5:45pm	Pool Hours 5:45am-9:00pm	Pool Hours 7:00am-9:00pm	Pool Hours 5:45am-9:00pm	Pool Hours 7:00am-9:00pm	Pool Hours 5:45am-7:45pm	Pool Hours 8:30am-3:45pm
<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>	OPEN SWIM LAP LANE 2:00-5:45pm	Water Fitness 9:00am-12:00pm 12:45-1:30pm	Hasty Swim 9:15-10:30am (12/12 ONLY)	Water Fitness 9:00am-12:00pm 12:45-1:30pm	Homeschool Swim 10:00-11:00am	Water Fitness 9:00am-12:00pm 12:45-1:30pm	OPEN SWIM LAP LANE 8:30 - 3:45pm
<p>WATER FITNESS: Please see schedule on back for water fitness times and descriptions.</p>		High School Swim Team Practice 3:30-5:00pm Lap Lane Available	Tville PT/HPR PT 11:00am-3:00pm	High School Swim Team Practice 3:30-5:30pm NO Lap Lane Available	Tville PT/HPR PT 11:00am-3:00pm	High School Swim Team Practice 3:30-5:00pm NO Lap Lane Available EXCEPT 12/15	
		Water Fitness 6:30pm-7:30pm	High School Swim Team Practice 3:30-5:00pm Lap Lane Available	High School Swim Team Practice 5:30-6:30pm Lap Lane Available	High School Swim Team Practice 3:30-5:00pm Lap Lane Available	12/15 ONLY High School Swim Team Practice 2:30-3:30 NO Lap Lane Available	
		High School Swim Team Practice 7:40-8:40pm Lap Lane Available	High School Swim Team Practice 6:00-9:00pm Lap Lane Available	Water Fitness 6:30pm-7:30pm	High School Swim Team Practice 6:00-8:00pm Lap Lane Available		
	<p>OPEN SWIM 6:15-9:00am 1:30-3:30pm 5:00-6:30pm 8:40-9:00pm</p>	<p>OPEN SWIM 7:00am-12:00pm 12:45-3:30pm 5:00-6:00 pm</p>	<p>OPEN SWIM 7:00am-12:00pm 12:45-3:30pm 5:00-6:00 pm</p>	<p>OPEN SWIM 6:15-9:00am 1:30-3:30pm 7:30-9:00pm</p>	<p>OPEN SWIM 7:00am-12:00pm 12:45-3:30pm 5:00-6:00pm 8:00-9:00pm</p>	<p>OPEN SWIM 6:15-9:00am 1:30-3:30pm 5:00-7:45pm</p>	
	<p>LAP LANE 5:45-6:15am <i>(lap only)</i> 6:15-9:00am 12:00-12:45pm <i>(lap only)</i> 1:30-6:30pm 7:30-9:00pm</p>	<p>LAP LANE 7:00am-12:00pm 12:00-12:45pm <i>(lap only)</i> 12:45-9:00pm</p>	<p>LAP LANE 5:45-6:15am <i>(lap only)</i> 6:15-9:00am 12:00-12:45pm <i>(lap only)</i> 1:30-3:30pm 5:30-6:30pm 7:30-9:00pm</p>	<p>LAP LANE 5:45-6:15am <i>(lap only)</i> 6:15-9:00am 12:00-12:45pm <i>(lap only)</i> 1:30-3:30pm 5:30-6:30pm 7:30-9:00pm</p>	<p>LAP LANE 7:00am-12:00pm 12:00-12:45pm <i>(lap only)</i> 12:45-9:00pm</p>	<p>LAP LANE 5:45-6:15am <i>(lap only)</i> 6:15-9:00am 12:00-12:45pm <i>(lap only)</i> 1:30-3:30pm 5:00-7:45pm</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	