



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

Tom A. Finch Community YMCA - JANUARY 2019

POOL SCHEDULE: SCHEDULED activities will be the only activities allowed in the pool during their scheduled times. Those wishing to participate in unscheduled activities will be asked to wait patiently on the pool deck or in the lobby.	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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-9:00pm	Pool Hours 7:00am-9:00pm
OPEN SWIM LAP LANE 2:00-5:45pm	Water Fitness 9:00am-12:00pm 12:45-1:30pm	Hasty 9:15-10:30am (1/8 ONLY)	Water Fitness 9:00am-12:00pm 12:45-1:30pm	Home School Swim 10:00-11:00am	Water Fitness 9:00am-12:00pm 12:45-1:30pm	OPEN SWIM LAP LANE 8:30-9:15am 10:15am-3:45pm	
		Tville PT/HPR PT 11:00am-3:00pm			Tville PT/HPR PT 11:00am-3:00pm		
	High School Swim Team Practices 3:30-5:00pm	High School Swim Team Practices 3:30-5:00pm	High School Swim Team Practices 3:30pm-6:30pm	High School Swim Team Practices 3:30pm-5:00pm	High School Swim Team Practices 3:30pm-5:00pm		
	HPSC Swim Team 5:00-6:00pm (Starts 1/7)	HPSC Swim Team 5:00-6:00pm (Starts 1/8)		HPSC Swim Team 5:00-6:00pm (Starts 1/9)			
	Water Fitness 6:30-7:30pm	High School Swim Team Practices 6:00-9:00pm	Water Fitness 6:30pm-7:30pm	High School Swim Team Practices 6:00pm-8:00pm			
	High School Swim Team Practices 7:40-8:40pm						
	OPEN SWIM 6:15-9:00am 1:30-3:30pm 6:00-6:30pm 8:40-9:00pm	OPEN SWIM 7:00am-3:30pm	OPEN SWIM 6:15-9:00am 1:30-3:30pm 7:30-9:00pm	OPEN SWIM 7:00am-3:30pm 8:00-9:00pm	OPEN SWIM 6:15-9:00am 1:30-3:30pm 5:00-7:45pm		
	LAP LANE 5:45-6:15am <i>(lap only, lanes 1-5)</i> 6:15-9:00am <i>(lanes 1-2)</i> 12:00-12:45pm <i>(lap only, lanes 1-5)</i> 1:30-3:30 pm <i>(lanes 1-2)</i> 3:30-4:00pm <i>(lane 5)</i> 5:00-6:30pm <i>(lanes 4-5)</i> 7:30-8:40pm <i>(lane 5)</i> 8:40-9:00pm <i>(lanes 1-2)</i>	LAP LANE 7:00am-3:30pm <i>(lanes 1-2)</i> 3:30pm-5:00pm <i>(lanes 5)</i> 5:00pm-6:00pm <i>(lanes 4-5)</i> 6:00pm-9:00pm <i>(lanes 5)</i>	LAP LANE 5:45-6:15am <i>(lap only, lanes 1-5)</i> 6:15-9:00am <i>(lanes 1-2)</i> 12:00-12:45pm <i>(lap only, lanes 1-5)</i> 1:30-3:30 pm <i>(lanes 1-2)</i> 3:30-4:00pm <i>(lane 5)</i> 5:00-5:30pm <i>(lanes 1-5)</i> 5:30-6:30pm <i>(lane 5)</i> 7:30-9:00pm <i>(lanes 1-2)</i>	LAP LANE 7:00am-3:30pm <i>(lanes 1-2)</i> 3:30pm-5:00pm <i>(lanes 5)</i> 5:00pm-6:00pm <i>(lanes 4-5)</i> 6:00pm-8:00pm <i>(lanes 5)</i> 8:00pm-9:00pm <i>(lanes 1-2)</i>	LAP LANE 5:45-6:15am <i>(lap only, lanes 1-5)</i> 6:15-9:00am <i>(lanes 1-2)</i> 12:00-12:45pm <i>(lap only, lanes 1-5)</i> 1:30-3:30 pm <i>(lanes 1-2)</i> 3:30-5:00pm <i>(lane 5)</i> 5:00-6:00pm <i>(lane 3)</i> 6:00-7:45pm <i>(lane 1-2)</i>		
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.							
WATER FITNESS: Please see schedule on back for water fitness times and descriptions.							
							*Lap Lane* During high school swim season, see lifeguard if lap lane is not immediately available when listed.



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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 6-10 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 for anyone under age 18.
- 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.
- Adults doing independent exercise can utilize the far lane with the ramp during lap lane times.

**SWIM TESTS:**

<b>GREEN TEST</b>	<b>YELLOW TEST</b>	<b>RED</b>
<ul style="list-style-type: none"> <li>• Jump/slide in deep end of pool</li> <li>• Swim to lifeguard chair and back               <ul style="list-style-type: none"> <li>• Tread water 30 seconds</li> <li>• Float on back for 30 seconds</li> </ul> </li> </ul> <p><b>(must not touch the side at any point)</b></p> <p><b>Privileges</b> May swim anywhere in the open swim area of the pool.</p>	<ul style="list-style-type: none"> <li>• Jump/Slide in pool at shallow end</li> <li>• Swim from pool wall to lap lane divider</li> </ul> <p><b>(must not touch side or bottom at any point)</b></p> <p><b>Privileges</b> May swim in the open swim area in the shallow end of the pool.</p>	<p><b>(Non-Swimmers)</b></p> <p><b>Privileges</b> 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: Please note, all classes close 10 minutes after their scheduled start time.**

**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: Please note, all classes close 10 minutes after their scheduled start time.**

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