



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

Tom A. Finch Community YMCA - JULY 2018

| YMCA Swim Lessons: Group swim lessons will take place on JULY 10, 12, 17, 19, 24, & 26. Open swim and lap lane are available when there are no scheduled swim lessons.  | SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   |
|---|--|--|---|--|---|---|--|
| <b>POOL SCHEDULE:</b> 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. | Pool Hours<br>2:00-5:45pm  | Pool Hours<br>5:45am-9:00pm  | Pool Hours<br>7:00am-9:00pm   | Pool Hours<br>5:45am-9:00pm  | Pool Hours<br>7:00am-9:00pm                       | Pool Hours<br>5:45am-7:45pm   | Pool Hours<br>8:30am-3:45pm  |
| <b>STORM CLOSING POLICY:</b> 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.   | OPEN SWIM<br>LAP LANE<br>2:00-5:45pm   | Water Fitness<br>9:00am-12:00pm<br>12:45-1:30pm  | Tville PT/HPR PT<br>11:00am-3:00pm  | Water Fitness<br>9:00am-12:00pm<br>12:45-1:30pm  | Tville PT/HPR PT<br>11:00am-3:00pm                | Water Fitness<br>9:00am-12:00pm<br>12:45-1:30pm   | OPEN SWIM<br>LAP LANE<br>8:30-3:45pm   |
| <b>WATER FITNESS:</b> Please see schedule on back for water fitness times and descriptions.   | SUNDAY,<br>JULY 1ST<br>RED WHITE<br>AND WHEW<br>POOL PARTY!<br>3:30-5:45<br>PM<br><br>NO LAP LANE<br>AVAILABLE.<br><br>MEMBERS<br>FREE<br><br>SEE FRONT<br>FOR GUEST<br>FEES<br><br>Must be<br>registered! | YMCA Camp Swim<br>Lessons<br>1:30-2:30pm   | YMCA Camp Swim<br>Lessons<br>1:30-2:30pm  | YMCA Camp Swim<br>Lessons<br>1:30-2:30pm   |   |   |  |
|   |  |  |   | Group Swimming<br>2:30-3:30pm  |   | Group<br>Swimming<br>2:30-3:30pm  |  |
|   |  | Water Fitness<br>6:30pm-7:30pm   | YMCA SWIM<br>LESSONS<br>5:00-7:00pm   | Water Fitness<br>6:30pm-7:30pm   | YMCA SWIM<br>LESSONS<br>5:00-7:00pm               |   |  |
|   |  |  |   |  |   |   |  |
|   | July 1<br>Lap Lane and<br>Open Swim<br>Available<br>2:00-3:30<br>pm<br><b>ONLY</b>   | <b>OPEN SWIM</b><br>6:15-9:00am<br>1:30-6:30pm<br>7:30-9:00pm  | <b>OPEN SWIM</b><br>7:00am-5:00pm<br>7:00-9:00pm  | <b>OPEN SWIM</b><br>6:15-9:00am<br>1:30-6:30pm<br>7:30-9:00pm  | <b>OPEN SWIM</b><br>7:00am-5:00pm<br>7:00-9:00pm  | <b>OPEN SWIM</b><br>6:15-9:00am<br>1:30-7:45pm  |  |
|   |  | <b>LAP LANE</b><br>5:45-6:15am<br><i>(lap only)</i><br>6:15-9:00am<br>12:00-12:45pm<br><i>(lap only)</i><br>1:30-2:30pm<br><i>(limited lap lane)</i><br>2:30-6:30pm<br>7:30-9:00pm | <b>LAP LANE</b><br>7:00am-*5:00pm*<br><br>1:30-2:30pm<br><i>(limited lap lane)</i><br><br>7:00-9:00pm | <b>LAP LANE</b><br>5:45-6:15am<br><i>(lap only)</i><br>6:15-9:00am<br>12:00-12:45pm<br><i>(lap only)</i><br>1:30-2:30pm<br><i>(limited lap lane)</i><br>2:30-6:30pm<br>7:30-9:00pm | <b>LAP LANE</b><br>7:00am-*5:00pm*<br>7:00-9:00pm | <b>LAP LANE</b><br>5:45-6:15am<br><i>(lap only)</i><br>6:15-9:00am<br>12:00-12:45pm<br><i>(lap only)</i><br>1:30-7:45pm | <i>*Lap Lane<br/>availability will be<br/>updated after<br/>swim lessons<br/>begin. Check with<br/>the front desk for<br/>lap availability<br/>5:00-7:00pm</i> |



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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 (12 and under) 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><br/>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><br/>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><br/>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>  |  |