



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

Tom A. Finch Community YMCA - MAY 2017

YMCA SWIM LESSONS:	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Group swim lessons will take place on May 2, 4, 6, 9, 11, 13, 16, 18, 20, 27, and 30. Open swim and lap lane are available when there are no scheduled swim lessons.</p> <p><b>STORM CLOSING POLICY:</b> The pool will close during thunderstorms for 30 minutes after the last sound of thunder. This is for safety of members and program participants.</p> <p><b>WATER FITNESS:</b> 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>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>1:30-6:30pm</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><b>*NO OPEN SWIM* 5/11, 10:00am-12:00pm</b></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 - 9:00am</p> <p>10:30am - 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>1:30-6:30pm</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>12:45-5:00pm</p> <p>7:00-9:00pm</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>1:30-6:30pm</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>12:45-5:00pm</p> <p>7:00-9:00pm</p> <p><b>*LIMITED LAP LANE* 5/11, 10:00am-12:00pm</b></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>1:30-7:45pm</p>	<p>LAP LANE ONLY available 9:00-10:30am</p> <p>YMCA Swim Lessons 9:00-10:30am</p>		
	<p>Water Fitness</p> <p>9:00am-12:00pm</p> <p>12:45-1:30pm</p>	<p>Hasty Class Swim</p> <p>9:15-10:30am <b>(5/9 ONLY)</b></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 <b>*5/11 ONLY! TIME CHANGE* 1:00-2:00 pm</b></p>	<p>Water Fitness</p> <p>9:00am-12:00pm</p> <p>12:45-1:30pm</p>			
	<p>Water Fitness</p> <p>6:30pm-7:30pm</p>	<p>Tville PT/HPR PT</p> <p>11:00am-3:00pm</p>	<p>Water Fitness</p> <p>6:30pm-7:30pm</p>	<p>Davidson Co. Senior Games</p> <p>10:00am-12:00pm <b>(5/11 ONLY)</b></p>	<p>Davidson Co. Special Olympics</p> <p>6:45-7:45pm</p>			
	<p>Davidson Co. Special Olympics</p> <p>7:30-8:30pm</p>	<p>Y Afterschool Swim</p> <p>3:50-4:50pm</p>		<p>Tville PT/HPR PT</p> <p>11:00am-3:00pm</p>				
		<p>YMCA Swim Lessons</p> <p>5:00-7:00pm</p>		<p>Y Afterschool Swim</p> <p>3:50-4:50pm</p>				
			<p>Girl Scouts Swimming</p> <p>7:00-9:00pm <b>(5/16 ONLY)</b></p>		<p>YMCA Swim Lessons</p> <p>5:00-7:00pm</p>			
					<p>Boy Scouts Swimming</p> <p>7:00-8:00pm</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.

**SWIM TESTS:**

<p><b>GREEN TEST</b></p> <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 <b>(must not touch the side at any point)</b></li> </ul> </li> </ul> <p><b>Privileges</b> May swim anywhere in the pool.</p>	<p><b>YELLOW TEST</b></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 <b>(must not touch side or bottom at any point)</b></li> </ul> <p><b>Privileges</b> May swim in shallow end of the pool</p>	<p><b>RED (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>
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**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	