



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

Tom A. Finch Community YMCA - OCTOBER 1-29 2017

YMCA SWIM LESSONS: Group swim lessons will take place on OCTOBER 3, 5, 10, 12, 17, and 19 ONLY. Open swim and lap lane are available when there are no scheduled swim lessons. SWIM TEAM: HIGH SCHOOL SWIM TEAMS WILL START PRACTICE ON OCTOBER 30TH. CHECK BACK LATER IN THE MONTH FOR THE SCHEDULE FOR HIGH SCHOOL SWIMMING. 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.	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-7:45pm	Pool Hours 8:30am-3:45pm
	OPEN SWIM LAP LANE 2:00-5:45pm	Water Fitness 9:00am-12:00pm 12:45-1:30pm	Hasty Swim 9:15-10:30am (10/10 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	Swim Team Practice 9:15-10:15am Lap Lane Available NO OPEN SWIM
	POOL CLOSURE UPDATE: POOL CLOSED OCT. 22-25	Swim Team Practice 5:00-6:00pm Lap Lane Available	Tville PT/HPR PT 11:00am-3:00pm	Swim Team Practice 5:00-6:00pm Lap Lane Available	Tville PT/HPR PT 11:00am-3:00pm		OPEN SWIM LAP LANE 8:30 - 9:15am 10:15am-3:45pm
		Water Fitness 6:30pm-7:30pm	Swim Lessons 9:00-10:00 am & 5:00-7:00 pm	Water Fitness 6:30pm-7:30pm	Swim Lessons 9:00-10:00am & 5:00-7:00pm		
		Davidson Co. Special Olympics 7:30-8:30pm (3 lap lanes)		SCUBA 7:30-9:00pm (10/4 ONLY)			
		SCUBA 7:30-9:00pm (10/2 ONLY)					
		OPEN SWIM 6:15-9:00am 1:30-5:00pm 6:00-6:30pm 8:30-9:00pm	OPEN SWIM 7:00am-12:00pm 12:45-5:00pm 7:00-9:00pm	OPEN SWIM 6:15-9:00am 1:30-5:00pm 6:00-6:30pm 7:30-9:00pm	OPEN SWIM 7:00am-12:00pm 12:45-5:00pm 7:00-9:00pm	OPEN SWIM 6:15-9:00am 1:30-7:45pm	
		LAP LANE 5:45-6:15am <i>(lap only)</i> 6:15-9:00am 12:00-12:45pm <i>(lap only)</i> 2:30-6:30pm 7:30-9:00pm	LAP LANE 7:00am-6:00pm 12:00-12:45pm <i>(lap only)</i> 12:45-5:00pm 7:00-9:00pm	LAP LANE 5:45-6:15am <i>(lap only)</i> 6:15-9:00am 12:00-12:45pm <i>(lap only)</i> 2:30-6:30pm 7:30-9:00pm	LAP LANE 7:00am-6:00pm 12:00-12:45pm <i>(lap only)</i> 12:45-5:00pm 7:00-9:00pm	LAP LANE 5:45-6:15am <i>(lap only)</i> 6:15-9:00am 12:00-12:45pm <i>(lap only)</i> 1:30-7:45pm	



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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	