



POOL SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Tom A. Finch Community YMCA - NOVEMBER 23-30

| 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. 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. | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|-----------------------------|---|--|
| | CLOSED | Pool Hours 6:00am-7:50pm | Pool Hours 6:00am-7:50pm | Pool Hours 6:00am-7:50pm | Pool Hours 6:00am-7:50pm | Pool Hours CLOSED | Pool Hours 6:00am-7:50pm |
| | 6:00am-9:00am By the Hour Lap Lane by Reservation ONLY Lanes 1-5 | 6:00am-9:00am By the Hour Lap Lane by Reservation ONLY Lanes 1-5 | 6:00am-9:00am By the Hour Lap Lane by Reservation ONLY Lanes 1-5 | 6:00am-9:00am By the Hour Lap Lane by Reservation ONLY Lanes 1-5 | | 6:00am-9:00am By the Hour Lap Lane by Reservation ONLY Lanes 1-5 | 8:00am-11:50pm Lap Lane Available FIRST COME FIRST SERVED Lanes 1-3 |
| | 9:05-9:50am Deep Water Aerobics by Reservation ONLY 10:05-10:50am Water Aerobics- Shallow By Reservation ONLY | 9:00-11:00am By the Hour Self-Aerobics WHOLE POOL Max 15 Participants per hour RESERVATION REQUIRED | 9:05-9:50am Deep Water Aerobics by Reservation ONLY 10:05-10:50am Water Aerobics- Shallow By Reservation ONLY | 9:05-9:50am Deep Water Aerobics by Reservation ONLY 10:05-10:50am Water Aerobics- Shallow By Reservation ONLY | Happy Thanksgiving! | 9:00-11:00am By the Hour Self-Aerobics WHOLE POOL Max 15 Participants per hour RESERVATION REQUIRED | 8:00am-11:50pm Family Swim FIRST COME FIRST SERVED Lanes 4-5 MAX 15 PARTICIPANTS |
| | 11:00am-1:00pm By the Hour Lap Lane by Reservation ONLY Lanes 1-5 | 11:00am-3:30pm Physical Therapy Lanes 4-5 LANES 4-5 NOT AVAILABLE | 11:00am-1:00pm By the Hour Lap Lane by Reservation ONLY Lanes 1-5 | 11:00am-1:00pm By the Hour Lap Lane by Reservation ONLY Lanes 1-5 | | 11:00am-1:00pm By the Hour Lap Lane by Reservation ONLY Lanes 1-5 | |
| | 1:00-1:45pm SPLASH Water Aerobics by Reservation ONLY | 11:00am-2:00pm By the Hour Lap Lane by Reservation ONLY Lanes 1-3 | 1:00-1:45pm SPLASH Water Aerobics by Reservation ONLY | 1:00-1:45pm SPLASH Water Aerobics by Reservation ONLY | | 1:00-4:00pm Lap Lane Available Lanes 1-3 FIRST COME FIRST SERVED | |
| | 2:00-4:00pm Lap Lane Available Lanes 1-4 FIRST COME FIRST SERVED | 2:00-4:00pm Lap Lane Available Lanes 1-3 FIRST COME FIRST SERVED | 2:00-4:00pm Lap Lane Available Lanes 1-5 FIRST COME FIRST SERVED | 2:00-4:00pm Lap Lane Available Lanes 1-5 FIRST COME FIRST SERVED | | 1:00-4:00pm Family Swim FIRST COME FIRST SERVED Lanes 4-5 MAX 15 PARTICIPANTS | |
| | 4:00-5:00pm High School Swim Team NO LAP LANE AVAILABLE | 4:00-5:00pm High School Swim Team Lap Lane 5 Available if Space Permits | 4:00-5:00pm High School Swim Team NO LAP LANE AVAILABLE | 4:00-5:00pm High School Swim Team NO LAP LANE AVAILABLE | | 4:00-5:00pm High School Swim Team NO LAP LANE AVAILABLE | |
| | 5:00-6:00pm HPSC Swim Team Lap Lane Available if Space Permits | 5:00-6:00pm High School Swim Team NO LAP LANE AVAILABLE | 5:00-6:00pm HPSC Swim Team Lap Lane Available if Space Permits | 5:00-6:00pm HPSC Swim Team Lap Lane Available if Space Permits | | 4:00-7:00pm Lap Lane Available Lanes 1-2 FIRST COME FIRST SERVED | |
| | 6:00pm-7:00pm High School Swim Team NO LAP LANE AVAILABLE | 6:00pm-7:00pm Lap Lane Available Lanes 1-5 FIRST COME FIRST SERVED | 6:00pm-7:00pm High School Swim Team NO LAP LANE AVAILABLE | 6:00pm-7:00pm High School Swim Team NO LAP LANE AVAILABLE | | 4:00-7:00pm Family Swim FIRST COME FIRST SERVED Lanes 3-5 MAX 15 PARTICIPANTS | |
| | 7:00pm-7:50pm Lap Lane Available Lanes 1-5 FIRST COME FIRST SERVED | 7:00pm-7:50pm High School Swim Team NO LAP LANE AVAILABLE | 7:00pm-7:50pm Lap Lane Available Lanes 1-5 FIRST COME FIRST SERVED | 7:00pm-7:50pm Lap Lane Available Lanes 1-5 FIRST COME FIRST SERVED | | 7:00pm-7:50pm High School Swim Team NO LAP LANE AVAILABLE | |



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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.
- ALL Children 6-10 who do not require swim aid must have an adult 19 or over on the pool deck at all time.
- 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:

| GREEN TEST | YELLOW TEST | RED (Non-Swimmers) |
|---|---|--|
| <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>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! COVID-19 Emergency Max 15 participants in class.

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. Takes place in the shallow end.. COVID-19 Emergency Max 15 participants in class.

Splash: Offers LOTS of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required. COVID-19 Emergency Max 15 participants in class.

PLEASE NOTE: REGISTRATION IS REQUIRED FOR WATER FITNESS CLASSES AT THIS TIME. THOSE NOT ON THE ROSTER WILL NOT BE ADMITTED TO THE CLASS UNLESS SPACE ALLOWS. REGISTRATION FOR THE NEXT CLASS OPENS AT THE END OF THE CURRENT CLASS. STRICT MAXIMUM CAPACITY OF 15 PARTICIPANTS PER CLASS.

| Monday | Wednesday |
|---|---|
| <p>9:05-9:50am - Deep Water Fitness</p> <p>10:05-10:50am - Water Fitness for Health-Shallow</p> <p>1:00-1:45pm - SPLASH Water Aerobics</p> | <p>9:05-9:50am - Deep Water Fitness</p> <p>10:05-10:50am - Water Fitness for Health-Shallow</p> <p>1:00-1:45pm - SPLASH Water Aerobics</p> |

EMERGENCY MAX CAPACITY FOR FAMILY SWIM IS 15 PARTICPANTS. FIRST COME, FIRST SERVED.