



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

Tom A. Finch Community YMCA - SEPTEMBER 2019

| YMCA Swim Lessons: Group swim lessons will take place on September 3, 5, 9, 10, 11, 16, 17, 18, & 19. Open swim and lap lane are available when there are no scheduled swim lessons. | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--------------------------------------|--|--|---|--|--|---|
| <p>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.</p> <p>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.</p> | 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 | Tville PT 11:00am-3:00pm | Water Fitness 9:00am-12:00pm 12:45-1:30pm | Tville PT 11:00am-3:00pm | Water Fitness 9:00am-12:00pm 12:45-1:30pm | OPEN SWIM 8:30-9:15am 10:15am-3:45pm |
| | | HPSC Swim Team 5:00-6:00pm | | HPSC Swim Team 5:00-6:00pm | | | HPSC Swim Team 9:15-10:15am Lap Lanes 4-5 Available |
| | | YMCA Parent/Child Swim Lessons 6:00-6:30pm SEPT. 9 & 16 ONLY | YMCA Swim Lessons 5:00-7:00 | YMCA Parent/Child Swim Lessons 6:00-6:30pm SEPT. 11 & 18 ONLY | YMCA Swim Lessons 5:00-7:00 | | NO OPEN SWIM DURING HPSC |
| | | Water Fitness 6:30-7:30pm | | Water Fitness 6:30pm-7:30pm | | | |
| | | | | Special Olympics 7:35-8:35pm NO OPEN SWIM AVAILABLE Lap Lanes 4-5 available | | | |
| | | OPEN SWIM 6:15-9:00am 1:30-5:00pm 7:30-9:00pm | OPEN SWIM 7:00am-5:00pm 7:00pm-9:00pm | OPEN SWIM 6:15-9:00am 1:30-5:00pm 8:30-9:00pm | OPEN SWIM 7:00am-5:00pm 7:00pm-9:00pm | OPEN SWIM 6:15-9:00am 1:30-7:45pm | |
| | | 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> 1:30-5:00pm <i>(lanes 1-2)</i> 5:00-6:00pm <i>(lanes 4-5)</i> 6:00-6:30pm <i>(lanes 1-2)</i> 7:30-9:00pm <i>(lanes 1-2)</i> | LAP LANE 7:00am-5:00pm <i>(lanes 1-2)</i> 5:00pm-6:00pm <i>(lanes 2-3)</i> 7:00pm-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> 1:30-5:00pm <i>(lanes 1-2)</i> 5:00-6:00pm <i>(lanes 4-5)</i> 6:00-6:30pm <i>(lanes 1-2)</i> 7:30-8:30pm <i>(lanes 4-5)</i> 8:30-9:00pm <i>(lanes 1-2)</i> | LAP LANE 7:00am-5:00pm <i>(lanes 1-2)</i> 5:00pm-6:00pm <i>(lanes 2-3)</i> 7:00pm-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> 1:30-7:45pm <i>(lane 1-2)</i> | |
| | | | | | | | *Lap Lane and Open Swim subject to change when swim lessons begin. See Lifeguard or Front Desk for more info. |



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: 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! Max 25 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. The evening class may use the deep end of the pool at times. Max 25 participants in class.

No Impact: This incorporates water walking and exercises that concentrate on joint movements, range of motion, flexibility, balance, and endurance. Great class for beginners! Max 30 participants in class.

Splash: Offers LOTS of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required. Max 25 participants in class.

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

| 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 | |