



# POOL SCHEDULE

## Tom A. Finch Community YMCA – FEBRUARY 1-28

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Pool Hours</b> 2:30pm-5:30pm	<b>Pool Hours</b> 5:45am-7:45pm	<b>Pool Hours</b> 6:00am-7:45pm	<b>Pool Hours</b> 5:45am-7:45pm	<b>Pool Hours</b> 6:00am-7:45pm	<b>Pool Hours</b> 5:45am-7:45pm	<b>Pool Hours</b> 8:15am-3:45pm
2:30pm-5:30pm  Lap Lane Lanes 1-2  Open Swim Lanes 3-5  Open swim and lap lane are available when there are no scheduled swim lessons.  YMCA Swim Lessons: Group swim lessons will take place on Feb 10, 12, 17, 19, 24, 26.  POOL SCHEDULE: Pool schedule and activities listed always take precedent.  Activity not listed on the schedule is allowed at the discretion of the lifeguard.  <b>Pool schedule is subject to change at any time with- out notice.</b>  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 mem- bers and program participants.	5:45am-9:00am  Lap Lane Lanes 1-5  Self-Aerobics Lanes 1-5  9:00am-11:15am Water Fitness Classes WHOLE POOL  11:15am-1:00pm Adult Lap Lane Lanes 1-5  Self-Aerobics Available  1:00pm-1:45pm Water Fitness Classes WHOLE POOL  1:45pm-5:00pm Lap Lane Lanes 1-2  Open Swim Lanes 3-5  5:00pm-6:00pm Swim Team Lanes 1-3  Lap Lane Lane 4-5  6:00pm-6:45pm Water Fitness Classes WHOLE POOL  6:45pm-7:45PM Lap Lane Lanes 1-2  Open Swim Lanes 3-5  <b>2/23 ONLY</b> <b>POOL CLOSING</b> <b>EARLY AT</b> <b>7:00PM</b> <b>FOR</b> <b>LIFEGUARD</b> <b>STAFF</b> <b>TRAINING</b>	6:00am-9:00am  Lap Lane Lanes 1-5  Self-Aerobics Lanes 1-5  9:00am-11:00am Lap Lane Lanes 1-2  Adult Self-Aerobics Lanes 3-5  9:30am-10:45am School Group Swimming 2/10 ONLY  10:00am-10:45am School Group Swimming 2/17 ONLY  10:00am-11:00am Lap Lane Lanes 1-2  Open Swim Lanes 3-5  11:00am-3:30pm Physical Therapy Lane 5  11:00am-4:45pm Lap Lane Lanes 1-2  Open Swim Lanes 3-4  5:00pm-7:00pm YMCA Swim Lessons  Lap Lane Lanes 2-3  7:00pm-7:45pm Lap Lane Lanes 1-2  Open Swim Lanes 3-5  <b>6:30pm-7:30pm</b> <b>Special Olympics</b> <b>Lanes 3-5</b>  <b>Lap Lane</b> <b>1-2</b>  <b>NO OPEN SWIM</b> <b>STARTS 2/25</b>	5:45am-9:00am  Lap Lane Lanes 1-5  Self-Aerobics Lanes 1-5  9:00am-10:00am Lap Lane Lanes 1-2  Adult Self-Aerobics Lanes 2-5  10:00am-11:00am Lap Lane Lanes 1-2  Homeschool Swim Lanes 3-5  11:00am-3:30pm Physical Therapy Lane 5  10:00am-4:00pm Lap Lane Lanes 1-2  Open Swim Lanes 3-4  4:00pm-5:00pm Swim Team Lanes 1-3  Lap Lane Lanes 4-5  5:00pm-7:00pm YMCA Swim Lessons  Lap Lane Lanes 2-3  7:00pm-7:45pm Lap Lane Lanes 1-2  Open Swim Lanes 3-5	5:45am-9:00am  Lap Lane Lanes 1-5  Self-Aerobics Lanes 1-5  9:00am-11:15am Adult Self-Aerobics WHOLE POOL  10:30am-11:15am Pre-K Swim Lanes 1-5  Self-Aerobics Available  11:15am-1:00pm Adult Lap Lane Lanes 1-5  1:00pm-2:00pm Physical Therapy Lane 5  <b>NO OPEN SWIM</b> <b>NO LAP LANE</b>  2:00pm-7:45pm Lap Lane Lanes 1-2  Open Swim Lanes 3-5	8:15am-9:00am  Lap Lane Lanes 1-5  <b>NO OPEN SWIM</b>  9:00am-3:45pm Lap Lane Lanes 1-2  Open Swim Lanes 3-5	<b>Due to inclement weather in January, High School Swim Teams may need extended time for practices. Any additional practices and their lane usage will be posted on the pool bulletin board, at the Member Service Desk and on social media.</b>  <b>Thank you for supporting your local High School Swimmers!</b>



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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 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 (Non-Swimmers)</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></ul></li><li>• Float on back for 30 seconds <b>(must not touch the side at any point)</b></li></ul> <p><b>Privileges</b> 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 <b>(must not touch side or bottom at any point)</b></li></ul> <p><b>Privileges</b> May swim in the open swim area in the shallow end of the pool.</p>	<p><b>Privileges</b> Swimmer must remain at the shallow end of the pool <u>with an adult in water at arms length</u>.</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! 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. Takes place in the shallow end. Water Fitness for Health II offers modifications for exercises for those use to a No Impact class. Max 25 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.

**AquaFit:** A moderate intensity water aerobics exercise which combines stretching, cardio and strength building without the impact of land based aerobics. Max 25 participants in class.

<b>Monday</b>	<b>Wednesday</b>
<b>9:00-9:45am - Deep Water Fitness</b> <b>9:45-10:30am - Water Fitness for Health-Shallow</b> <b>10:30-11:15am - Water Fitness for Health II-Shallow</b> <b>1:00-1:45pm - SPLASH Water Aerobics</b> <b>6:00-6:45pm - AquaFit</b>	<b>9:00-9:45am - Deep Water Fitness</b> <b>9:45-10:30am - Water Fitness for Health-Shallow</b> <b>10:30-11:15am - Water Fitness for Health II-Shallow</b> <b>1:00-1:45pm - SPLASH Water Aerobics</b>