



# POOL SCHEDULE

## Tom A. Finch Community YMCA – JULY 1-31

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
<b>2:30pm-5:30pm</b> Lap Lane Lanes 1-2 Open Swim Lanes 3-5	<b>5:45am-9:00am</b> Lap Lane Lanes 1-5 Self-Aerobics Lanes 1-5 <hr/> <b>9:00am-11:15am</b> Water Fitness Classes <b>WHOLE POOL</b> <hr/> <b>11:15am-1:00pm</b> Adult Lap Lane Lanes 1-5 Self-Aerobics Available <b>SEE JULY 20th</b> <hr/> <b>JULY 20th ONLY</b> <b>12:00pm-1:00pm</b> Summer Camp Group Swimming Lap Lane Lanes 1-2 <hr/> <b>1:00pm-1:45pm</b> Water Fitness Classes <b>WHOLE POOL</b> <hr/> <b>1:45pm-2:45pm</b> YMCA Swim Lessons Lap Lane Lanes 3-5 <b>NO OPEN SWIM</b> <hr/> <b>JULY 20th ONLY</b> <b>2:15pm-3:30pm</b> Summer Camp Group Swimming Lap Lane Lanes 1-2 Open Swim Lanes 3-5 <hr/> <b>2:45pm-6:00pm</b> Lap Lane Lanes 1-2 Open Swim Lanes 3-5 <hr/> <b>JULY 20 &amp; 27 ONLY</b> <b>5:30pm-6:00pm</b> YMCA Parent/Child Swim Lessons Lap Lane Lanes 1-2 <b>NO OPEN SWIM</b> <hr/> <b>6:00pm-6:45pm</b> Water Fitness Classes <b>WHOLE POOL</b> <hr/> <b>6:45pm-7:45PM</b> Lap Lane Lanes 1-2 Open Swim Lanes 3-5	<b>6:00am-9:00am</b> Lap Lane Lanes 1-5 Self-Aerobics Lanes 1-5 <hr/> <b>9:00am-10:00am</b> Lap Lane Lanes 1-2 Adult Self-Aerobics Lanes 3-5 <hr/> <b>10:00am-11:00am</b> Lap Lane Lanes 1-2 Open Swim Lanes 3-4 <hr/> <b>11:00am-3:30pm</b> Physical Therapy Lane 5 <hr/> <b>11:00am-1:30pm</b> Lap Lane Lanes 3-4 Open Swim Lanes 1-2 <hr/> <b>1:30pm-3:00pm</b> YMCA Swim Lessons Lap Lane Lanes 3-4 <b>NO OPEN SWIM</b> <hr/> <b>3:00pm-5:00pm</b> Lap Lane Lanes 3-4 Open Swim Lanes 1-2 <hr/> <b>5:00pm-7:00pm</b> YMCA Swim Lessons Lap Lane Lanes 2-3 <b>NO OPEN SWIM</b> <hr/> <b>7:00pm-7:45pm</b> Lap Lane Lanes 1-2 Open Swim Lanes 3-5	<b>5:45am-9:00am</b> Lap Lane Lanes 1-5 Self-Aerobics Lanes 1-5 <hr/> <b>9:00am-11:15am</b> Water Fitness Classes <b>WHOLE POOL</b> <hr/> <b>11:15am-1:00pm</b> Adult Lap Lane Lanes 1-5 Self-Aerobics Available <hr/> <b>1:00pm-1:45pm</b> Water Fitness Classes <b>WHOLE POOL</b> <hr/> <b>1:45pm-4:00pm</b> Lap Lane Lanes 1-2 Open Swim Lanes 3-5 <hr/> <b>2:00pm-4:00pm</b> Summer Camp Group Swimming Lap Lane Lanes 1-2 Open Swim Lanes 3-5 <hr/> <b>JULY 22 &amp; 29 ONLY</b> <b>5:30pm-6:00pm</b> YMCA Parent/Child Swim Lessons Lap Lane Lanes 1-2 <b>NO OPEN SWIM</b> <hr/> <b>4:00pm-7:45pm</b> Lap Lane Lanes 1-2 Open Swim Lanes 3-5	<b>6:00am-9:00am</b> Lap Lane Lanes 1-5 Self-Aerobics Lanes 1-5 <hr/> <b>9:00am-10:00am</b> Lap Lane Lanes 1-2 Adult Self-Aerobics Lanes 3-5 <hr/> <b>11:00am-3:30pm</b> Physical Therapy Lane 5 <hr/> <b>10:00am-5:00pm</b> Lap Lane Lanes 3-4 Open Swim Lanes 1-2 <hr/> <b>1:00pm-3:30pm</b> Summer Camp Group Swimming Lap Lane Lanes 3-4 Open Swim Lanes 1-2 <hr/> <b>5:00pm-7:00pm</b> YMCA Swim Lessons Lap Lane Lanes 2-3 <b>NO OPEN SWIM</b> <hr/> <b>7:00pm-7:45pm</b> Lap Lane Lanes 1-2 Open Swim Lanes 3-5	<b>5:45am-9:00am</b> Lap Lane Lanes 1-5 Self-Aerobics Lanes 1-5 <hr/> <b>9:00am-11:15am</b> Adult Self-Aerobics <b>WHOLE POOL</b> <hr/> <b>11:15am-1:00pm</b> Adult Lap Lane Lanes 1-5 <b>SEE JULY 17th</b> <hr/> <b>JULY 17th ONLY</b> <b>12:00pm-1:00pm</b> Summer Camp Group Swimming Lap Lane Lanes 1-2 <hr/> <b>1:00pm-2:00pm</b> Physical Therapy Lane 5 <b>NO OPEN SWIM NO LAP LANE</b> <hr/> <b>JULY 17th ONLY</b> <b>2:15pm-3:00pm</b> Lap Lane Lanes 1-2 Open Swim Lanes 3-5 <hr/> <b>2:00pm-7:45pm</b> Lap Lane Lanes 1-2 Open Swim Lanes 3-5	<b>8:15am-9:00am</b> Lap Lane Lanes 1-5 <b>NO OPEN SWIM</b> <hr/> <b>9:00am-3:45pm</b> 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 JULY 2, 14, 16, 20, 21, 22, 23, 27, 28, 29 & 30.

Parent/Child SL Registration begins July 9th.

**POOL SCHEDULE:**  
Pool schedule and activities listed always take precedent.

Activity not listed on the schedule is allowed at the discretion of the lifeguard.

**Pool schedule is subject to change at any time without notice.**

**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.



**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:**

<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</li> </ul> </li> </ul> <p><b>(must not touch the side at any point)</b></p> <p><b>Privileges</b> May swim anywhere in the open swim area of 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</li> </ul> <p><b>(must not touch side or bottom at any point)</b></p> <p><b>Privileges</b> May swim in the open swim area in the 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>

**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.

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