



POOL SCHEDULE

Tom A. Finch Community YMCA – December 1-20

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pool Hours 2:30pm-5:30pm	Pool Hours 5:45am-7:45pm	Pool Hours 6:00am-7:45pm	Pool Hours 5:45am-7:45pm	Pool Hours 6:00am-7:45pm	Pool Hours 5:45am-7:45pm	Pool Hours 8:15am-3:45pm
2:30pm-5:30pm Lap Lane Lanes 1-2 Open Swim Lanes 3-5	5:45am-9:00am Lap Lane Lanes 1-5 Self-Aerobics Lanes 1-5	6:00am-9:00am Lap Lane Lanes 1-5 Self-Aerobics Lanes 1-5	5:45am-9:00am Lap Lane Lanes 1-5 Self-Aerobics Lanes 1-5	6:00am-9:00am Lap Lane Lanes 1-5 Self-Aerobics Lanes 1-5	5:45am-9:00am Lap Lane Lanes 1-5 Self-Aerobics Lanes 1-5	8:15am-9:00am Lap Lane Lanes 1-5 NO OPEN SWIM
<p>Open swim and lap lane are available when there are no scheduled swim lessons.</p> <p>POOL SCHEDULE: Pool schedule and activities listed always take precedent. Activity not listed on the schedule is allowed at the discretion of the lifeguard.</p> <p>Pool schedule is subject to change at any time without notice.</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>	9:00am-11:15am Water Fitness Classes WHOLE POOL	9:00am-11:00am Lap Lane Lanes 1-2 Adult Self-Aerobics Lanes 3-5	9:00am-11:15am Water Fitness Classes WHOLE POOL	9:00am-10:00am Lap Lane Lanes 1-2 Adult Self-Aerobics Lanes 2-5	9:00am-11:15am Adult Self-Aerobics WHOLE POOL	9:00am-3:45pm Lap Lane Lanes 1-2 Open Swim Lanes 3-5
	11:15am-1:00pm Adult Lap Lane Lanes 1-5 Self-Aerobics Available	9:30am-10:45am School Group Swimming 12/9 ONLY	11:15am-1:00pm Adult Lap Lane Lanes 1-5 Self-Aerobics Available	10:00am-11:00am Lap Lane Lanes 1-2 Homeschool Swim Lanes 3-5	10:30am-11:15am Pre-K Swim Lanes 1-5 Self-Aerobics Available 12/5 & 12/12 ONLY	10:00am-11:15am Adult Lap Lane Lanes 1-5
	1:00pm-1:45pm Water Fitness Classes WHOLE POOL	10:00am-10:45am School Group Swimming 12/16 ONLY	1:00pm-1:45pm Water Fitness Classes WHOLE POOL	11:00am-3:30pm Physical Therapy Lane 5	11:00am-3:30pm Physical Therapy Lane 5	11:15am-1:00pm Adult Lap Lane Lanes 1-5
	1:45pm-3:30pm Lap Lane Lanes 1-2 Open Swim Lanes 3-5	10:00am-11:00am Lap Lane Lanes 1-2 Open Swim Lanes 3-5	1:45pm-3:45pm Lap Lane Lanes 1-2 Open Swim Lanes 3-5	10:00am-3:50pm Lap Lane Lanes 1-2 Open Swim Lanes 3-4	1:00pm-2:00pm Physical Therapy Lane 5 NO OPEN SWIM NO LAP LANE	1:00pm-2:00pm Physical Therapy Lane 5
	3:45pm-5:00pm Swim Team Lanes 1-3 Lap Lane Lanes 4-5	11:00am-3:30pm Physical Therapy Lane 5	3:30pm-6:00pm Swim Team Lanes 1-4 Lap Lane Lane 5	3:45pm-5:00pm Swim Team Lanes 1-3 Lap Lane Lanes 4-5	2:00pm-7:45pm Lap Lane Lanes 1-2 Open Swim Lanes 3-5	2:00pm-7:45pm Lap Lane Lanes 1-2 Open Swim Lanes 3-5
	5:00pm-6:00pm Swim Team Lanes 1-4 Lap Lane Lane 5	11:00am-3:30pm Lap Lane Lanes 1-2 Open Swim Lanes 3-4	6:00pm-7:00pm Swim Team Lanes 1-2 Lap Lane Lanes 3-5	5:00pm-7:45pm Swim Team Lanes 1-4 Lap Lane Lane 5	SPECIAL DATE Pool will close at 6pm on 12/12 for Swimming with Santa! Register for this event at MyYNow.org	
	6:00pm-6:45pm Water Fitness Classes WHOLE POOL	3:45pm-6:00pm Swim Team Lanes 1-3 Lap Lane Lanes 4-5	7:00pm-7:45pm Lap Lane Lanes 1-2 Open Swim Lanes 3-5			
	6:45pm-7:45pm Lap Lane Lanes 1-2 Open Swim Lanes 3-5	6:00pm-7:45pm Swim Team Lanes 1-4 Lap Lane Lane 5				

**YMCA IS
CLOSED ON
DEC 24TH
AND 25TH
FOR
CHRISTMAS.**

**POOL WILL
OPEN AT
12PM ON
DEC 26TH.**



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>GREEN TEST</p> <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>	<p>YELLOW TEST</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>RED (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! 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.

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