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INDOOR POOL SCHEDULE

BAXTER CLOSE YMCA - January 1st - June 2nd, 2024

	7 INDOOR TOOL SCHEDOLL																			
\ ≈	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			Υ	SATURDAY		SUNDAY	
TIME	1 2	3 4	5 6	1 2	3 4	4 5 6	1 2	3 4	5 6	1	2	3 4	5 6	1	2 3	3 4	5 6	1 2 3 4	5 6	1 2 3 4 5 6
5:00am 7:30am	ΙΔΡ	5WIM				OPEN SWIM	ΙΔΡ	SWIM	OPEN	IΔ	P SV	MIM.		IΔ	P SV	/IM		LAP SWIM		THE Y RESERVES THE RIGHT TO ADD OR
8:00am		2	OPEN SWIM			Vater Aerobics :00am-8:45am		<u> </u>	SWIM		Se.		OPEN			OPEN		REMOVE A LANE AT ANYTIME TO BEST		
8:45am						Amanda										SWIM			ACCOMMODATE ALL MEMBERS	
9:00am				FloatFit 9: 9:45am B					ater Aerobics Oam-10:00am				SWIM							LAP SWIMMING IS SWIMMING THAT IS
9:45am 10:00am						OPEN SWIM			Danielle								er Aerobics	SWIM LESSONS 8:30am-		CONTINOUS , FULL- LENGTH, WIH THE
11:00am									OPEN SWIM							10:0	00am-11:00am Alice	12:30pm	OPEN	ABILITY TO SHARE WITH OTHER SWIMMERS IN
11:30am	LAP :	SWIM		LAP SWIM			LAP SWIM			L/	LAP SWIM					er Aerobics 1:30am-		SWIM	CIRCLE AND SPLIT LANE PATTERS	
12:00pm	~	S			6		~	Se.			<u></u>	5				:30pm Alice				
12:30pm 1:00pm			OPEN SWIM			OPEN SWIM			OPEN SWIM				OPEN SWIM	LA	P SV	VIM	OPEN	LAP SWIM		LAP SWIM OPEN
3:00pm															Z.		SWIM			SWIM
4:15pm																				
5:00pm 5:30pm		LAP		SWIM LESSONS 5:00pm- 6:15pm			SWIM	LAP		SW	ONS		Water Aerobics 6:30pm-7:30pm Danielle					OPEN SWIM IS INTERMITTENT SWIMMING WITHOUT		
6:00pm	SWIM					Water Aerobics	LESSONS 5pm-7pm										A PATTERN AND DOES NOT ALLOW FOR FULL- LENGTH LAP SWIMMING			
6:30pm	LESSONS 5pm-8pm		OPEN SWIM			00pm-7:00pm Jennie K.											OPEN SWIM	ciliaren 12 ana anaer mase de accompanica dy a		
7:00pm						OPEN			ater Aerobics Opm-8:00pm Danielle											
7:30pm 8:00pm						SWIM							OPEN SWIM							
8:30pm	PO	OL CLO	SED	POOL CLOSED			POOL CLOSED				POOL CLOSED				POOL CLOSED			trained children wear a swim diaper to enter the pool.		

SAFE POOLS HAVE RULES

- 1. All children under the age of 12 must be accompanied by an adult Y member.
- 2. Breath-holding activities are not permitted in Y Pools.
- 3. Shower before you enter the pool.
- 4. Proper swimming attire must be worn at all times.
- 5. Running on the deck, in the locker rooms, showers, or hallways is not permitted.
- 6. Food, soda, gum, or candy are not permitted in the Aquatics Center.
- 7. Horseplay of any kind will not be tolerated.
- 8. Hanging on the float lines or lap lanes is not permitted.
- 9. NO DIVING.
- 10. Dry off before leaving the pool area.
- 11. Enter the water facing forward.
- 12. Persons with bandages, open cuts, or wounds are not allowed in the pool.
- 13. Children under 3 should be potty-trained or wear swim diapers.
- 14. The lifeguard's word is final. Lifeguards will not tolerate inappropriate behavior.

WATER EXERCISE

WATER AEROBICS - Works out in both shallow and deep water. 45 minutes of moderate to intense cardio, incorporating sprints and intervals. Using noodles and dumbells for muscular strength and endurance training.

AQUA FLOAT FIT HIIT - Put your fitness to the test by combining balance and strength based exercises on the aqua board. Work on postural control and alignment while performing common movements that you might do at home, work, or in sports. Perfect your balance, strength, and overall mobility. Members must be comfortable with getting your face wet during class.

TWO LANES ARE RESERVED FOR EACH WATER AEROBICS CLASS, WE WILL PROVIDE A THIRD LANE, IF MORE THAN 12 ATTEND THE CLASS.

SCAN BELOW TO RECEIVE WATER EXERCISE COMMUNICATION



BAXTER CLOSE YMCA

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