





















# POOL SCHEDULE

2/25/24-4/7/24

	MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						SATURDAY						SUNDAY																																			
TIME	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6																														
6:30am	OPEN SWIM												OPEN SWIM												OPEN SWIM									<div>LAP LANE AVAILABILITY IS SUBJECT TO CHANGE</div>																																						
7:00am																																																																								
8:00am	8:00am Deep Water Aerobics & Aquacise												LAP SWIM												LAP SWIM															8:00am Deep Water Aerobics & Aquacise			LAP SWIM			LAP SWIM			8:00am Deep Water Aerobics & Aquacise			LAP SWIM																				
8:30am																																																																								
9:00am	OPEN SWIM						OPEN SWIM						OPEN SWIM						OPEN SWIM																																																					
10:00am																																																																								
11:00am																																																																								
12:00pm	12:00 PM Aqua Aerobics w/ Tammy																														LAP SWIM																																									
12:30pm																																																																								
12:45pm	OPEN SWIM																																							LAP SWIM			LAP SWIM			LAP SWIM			LAP SWIM			LAP SWIM			LAP SWIM			LAP SWIM			OPEN SWIM			LAP SWIM								
1:00pm	1:00pm Deep Water Aerobics & Aquasize																																				1:00pm Deep Water Aerobics & Aquasize			Swim Lessons			1:00pm Deep Water Aerobics & Aquasize						1:00pm Deep Water Aerobics & Aquasize						1:00pm Deep Water Aerobics & Aquasize						OPEN SWIM											
1:45pm																																																																								
2:00pm	OPEN SWIM						OPEN SWIM						OPEN SWIM						OPEN SWIM						OPEN SWIM			LAP SWIM																																												
3:00pm																																																																								
4:30pm																																																																								
5:00pm	Swim Lessons			Swim Lessons			Swim Lessons			Swim Lessons			Swim Lessons			Swim Lessons			Swim Lessons			Swim Lessons			Swim Lessons			Swim Lessons			Swim Lessons			Swim Lessons																																						
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7:00pm																																																																								
7:30pm																																																																								
8:30pm	POOL CLOSED						POOL CLOSED						POOL CLOSED						POOL CLOSED						POOL CLOSED						POOL CLOSED						<div>Children under 13 must be accompanied by a parent or guardian over 18 years old. Non-swimming children should be in arms reach of adult or guardian at all times or wear a life jacket. Non-potty trained children must have on a swim diaper to enter the pool.</div>																																			



LAP SWIM/

# SAFE POOLS HAVE RULES

1. All children under the age of 13 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.

Questions or concerns? Please contact Anne Small, Aquatics Director at:  
[annesmall@ymcaup.org](mailto:annesmall@ymcaup.org)

# CLASS DESCRIPTIONS

**AQUACISE**- this aqua class incorporates 25-minutes of cardio, 25-minutes of toning with noodles, and 10-minutes of stretching in the water. This is a high-energy class for all age groups.

**DEEP WATER** - this water aerobics class is a compilation of warm-up, cardio, muscular strengthening with bells, balancing, and stretching. This class will help to increase stamina and strength. It is a mild to high impact class, but is designed for all levels of participation. Participants can work at their own level with ease. This is a good class for all ages.

## **AQUA AEROBICS:**

**SHALLOW** - this water aerobics class is a compilation of warm-up, cardio, muscular strengthening with bells, balancing, and stretching. This class will help to increase stamina and strength. It is a mild to high impact class, but is designed for all levels of participation. Participants of all ages can work at their own level with ease.

**DEEP** - this class is designed to increase the heart rate and condition of the whole body. It combines cardiovascular and muscular endurance, strength and core abdominal work utilizing the deep end of the pool.

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