



BAXTER CLOSE YMCA March 13 – June 2, 2024

 **LAP SWIM/OPEN SWIM**  **LANE CLOSED**  **POOL CLOSED**  **LANE 4 ONLY IF CLASS 13+ / BUOY AT FLAG POLE FOR OPEN SWIM SECTION**

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.

Questions or concerns? Please contact Kyle Kirby, Aquatics Director at
Kylekirby@ymcaup.org

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 dumbbells 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 EXERCISE CLASS, WE WILL PROVIDE A THIRD LANE (LANE 4), IF MORE THAN 13 ATTEND THE CLASS.

A BUOY LINE WILL GO ACROSS THE POOL TO PROVIDE AN OPEN SWIM SECTION IF NEEDED

SCAN BELOW TO RECEIVE WATER EXERCISE COMMUNICATION



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