

# YMCA of Indiana County Pool Schedule

January 7– March 3, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
LAP SWIM 5:30-9:00 ALL LAP	LAP SWIM 5:30-9:00 ALL LAP	LAP SWIM 5:30-9:00 ALL LAP	LAP SWIM 5:30-9:00 ALL LAP	LAP SWIM 5:30-9:00 ALL LAP	SWIM TEAM 7:00-8:30 7:30-8:30 3 LAP	<b>POOL HOURS :</b>  <u>MON-THURS</u> 5:30AM-9:30PM <u>FRIDAY</u> 5:30AM-8:30PM <u>SATURDAY</u> 7:30AM-5:00PM <u>SUNDAY</u> 12:00PM-4:00PM	
MONDAY MIX 9:00-10:00 NO LAP	Aqua Zumba® 9:00-10:00 NO LAP	AQUACIZE 9:00-10:00 NO LAP	CARDIO COMBO 9:00-10:00 NO LAP	SPLASH SURPRISE 9:00-10:00 NO LAP	SWIM LESSONS 8:45-11:45 1 LAP		
AQUA ARTHRITIS 10:00-11:00 1 LAP	NEW WAVE 10:00-11:00 1 LAP	AQUA ARTHRITIS 10:00-11:00 1 LAP	POWER DRENCH 10:00-11:00 1 LAP	AQUA ARTHRITIS 10:00-11:00 1 LAP			
FAMILY SWIM 11:00-12:00 3 LAP	SWIM LESSONS 11:00-12:15 3 LAP	FAMILY SWIM 11:00-12:00 3 LAP	SWIM LESSONS 11:00-12:30 3 LAP	FAMILY SWIM 11:00-12:00 3 LAP			
LAP SWIM 12:00-1:00 ALL LAP	LAP SWIM 12:15-1:15 ALL LAP	LAP SWIM 12:00-1:00 ALL LAP	LAP SWIM 12:30-1:30 ALL LAP	LAP SWIM 12:00-1:00 ALL LAP	LAP SWIM 12:00-1:00 ALL LAP		LAP SWIM 12:00-1:00 ALL LAP
FAMILY SWIM 1:00-2:00 3 LAP	SWIM LESSONS 1:15-2:00 3 LAP	FAMILY SWIM 1:00-2:00 3 LAP	FAMILY SWIM 1:30-2:00 3 LAP	FAMILY SWIM 1:00-2:00 3 LAP	FAMILY SWIM 1:00-5:00 2 LAP		FAMILY SWIM 1:00-4:00 2 LAP
ADULT SWIM 2:00-4:00 3 LAP	ForeverWELL 2:00-3:00 ADULT SWIM 2:00-4:00 2 LAP	ADULT SWIM 2:00-4:00 3 LAP	ForeverWELL 2:00-3:00 ADULT SWIM 2:00-4:00 2 LAP	ADULT SWIM 2:00-4:00 3 LAP			
SWIM TEAM 4:00-5:55 NO LAP	SWIM TEAM 4:00-5:55 NO LAP	SWIM TEAM 4:00-5:55 NO LAP	SWIM TEAM 4:00-5:55 NO LAP	SWIM TEAM 4:00-5:55 NO LAP			
SWIM TEAM 6:00-7:00 1 LAP	MASTERS TEAM & SWIM LESSONS 6:00-7:30 1 LAP	SWIM TEAM 6:00-7:00 1 LAP	SWIM LESSONS 6:00-7:30 2 LAP	SWIM TEAM 6:00-7:00 1 LAP	<b>Register for CPR/ AED/ First-aid Training</b>  <b>Classes held the 1st Saturday of every month</b>  Register at the Welcome Center		
AQUA AEROBICS 7:00-8:00 NO LAP	SWIM LESSONS 7:30-9:00 2 LAP	AQUA AEROBICS 7:00-8:00 NO LAP	FAMILY SWIM 6:00-9:30 3 LAP	FAMILY SWIM 7:00-8:30 MASTERS TEAM 7:00-8:30 1 LAP from 7-8:30			
FAMILY SWIM 8:00-9:30 3 LAP	LAP SWIM 9:00-9:30 ALL LAP	FAMILY SWIM 8:00-9:30 3 LAP					

## **Pool Rules and Guidelines:**

Obey the Lifeguard.

Only United States Coast Guard Approved flotation is permitted for non-swimmers. Non-swimmers are not permitted in the deep end.

All children ages 10 and under must pass a Deep Water Test to be able to swim in the deep end.

All swimmers are asked to shower before entering the pool.

**LAP SWIM:** During this time members may use the pool for exercising by swimming laps down the length of the pool. Some lap lanes are designated for fast, medium or slow swimmers. Circle swimming is required in the fast and medium lap lanes. If you do not wish to circle swim you must swim in the slow lane. Please note the number of lap lanes available during other activities. Your cooperation is required so that all members are able to have an enjoyable work-out.

**EVENING FAMILY SWIM:** A recreational swim time for Families and Friends. All swimmers must be a member or a guest of a member. Parents must accompany their non-swimmer children in the water. If your child requires an adult in the water and does not have one, they will be asked to exit the water.

**DAYTIME FAMILY SWIM:** This is a time for parents to bring small children to swim and enjoy the water. No unsupervised children are permitted.

**ADULT SWIM:** This time is designated for our adult members. Adult members may swim laps or stationary exercise. On Tuesdays and Thursdays you may join the FOREVERWELL CLASS from 2-3pm.

**AQUA ARTHRITIS:** This class is designed to increase range of motion, flexibility and coordination. It helps to improve muscle strength and endurance while ensuring that the workout is safe and soothing for joints and muscles alike. Designed for many types of rheumatic diseases and related manifestations. Deep and shallow water is used. However, swim skills are not needed.

**ForeverWELL:** A light cardio workout, this class offers shallow water moves that will increase flexibility, strength and agility. This class is gentle on the joints and fun for all ages. No swimming ability is required and a variety of aquatic equipment may be used. Perfect for beginners, mom's to be, seniors, etc.

**AQUACIZE:** This low- to moderate-level class offers a great cardio workout in addition to moves that will increase flexibility, agility and range of motion. It features both shallow and deep water activity although no swimming ability is required. Deep water running.

**SPLASH SURPRISE:** Anything goes in this moderate intensity hour! A variety of formats and equipment will be used.

**AQUA ZUMBA®:** Take the party to the pool. Latin music and fun dance moves used to work every muscle in the body. Moderate intensity

**MONDAY MIX:** Start your week off right with this moderate to high intensity class. Uses various formats and exercise equipment.

**CARDIO COMBO:** Fun, stimulating and invigorating! Alternate between aerobic intervals and active recovery for a great cardio and calorie burning workout. Moderate to high intensity.

**NEW WAVE:** A high intensity program with great cardio, muscle toning and conditioning. It features shallow and deep water activity.

**POWER DRENCH:** This class raises your heart rate to target zone then uses intervals of plyometric movement to challenge your strength, balance and reaction time. Finish the class with a 20 minute cool down stretch that uses gentle **Yoga** poses to increase flexibility and strength. Makes a complete workout.

**AQUA-AEROBICS:** Enjoy the benefits of a great aerobic workout cushioned by the water. Join the deep or shallow water class. A variety of equipment is used to enhance this workout. No swimming abilities are needed to enjoy this fun-filled aquatic program.