

Summer 2010 Aquatics Schedule August 2nd-September 5th

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:00 a.m. -	Open Swim 5-5:30 am	Open Swim 5-5:30 am	Open Swim 5-5:30 am	Open Swim 5-5:30 am	Open Swim 5-5:30 am	C L O S E D	
6:00 a.m. -	Exercise Swim 5:30-6:30 am	Quiet Family	Exercise Swim 5:30-6:30 am	Quiet Family	Exercise Swim 5:30-6:30 am		
7:00 a.m. -	Quiet Family Swim 6:30-8 am	Swim 5:30-8 am	Quiet Family Swim 6:30-8 am	Swim 5:30-8 am	Quiet Family Swim 6:30-8 am	Open Swim 7-8:45 am	Session 1
8:00 a.m. -	Water Exercise 8-9:00 am	Water Walking 8-9:00 am	Water Exercise 8-9:00 am	Water Walking 8-9:00 am	Water Exercise 8-9:00 am		
9:00 a.m. -	Water Aerobics 9-10:00 am	Arthritis Class 9-10:00 am	Water Aerobics 9-10:00 am	Arthritis Class 9-10:00 am	Water Aerobics 9-10:00 am	Swim Lessons	9-11:30 am
10:00 a.m. -	Swim Lessons 10-11:30	Swim Lessons 10-11:30 am	Swim Lessons 10-11:30 am	Swim Lessons 10-11:30 am	10-10:15 Swim Testing		
11:00 a.m. -	Family Swim 11:30-12:00	Fun Club 11:30-12:30	Family Swim 11:30-12:00	Fun Club 11:30-12:30	Family Swim 10-12:00 pm	11:45-12:00 Swim Testing	Family Swim 11 am-1:00 pm
12 noon -	Water Wellness 12-1:30 pm		Water Wellness 12-1:30 pm	Water Wellness 12-1:30 pm	Water Wellness 12-1:30 pm		Open Swim
1:00 p.m. -	Arthritis Wellness 1:30-2:45 pm	Family Swim 12:45-2:00 pm	Arthritis Wellness 1:30-2:45 pm	Member Only Swim 12:45-2:15 pm	Adult Leisure 1:30-2 pm	Session 1 12:00-1:45	Open Swim
2:00 p.m. -	Swim Testing 12:30-12:45	Swim Testing 2:15-2:30	Swim Testing 2:45-3:00		Swim Testing 2:15-2:30	Open Swim	Session 1 1:30-4:00 pm
3:00 p.m. -	Member Only 3:00-5:00 pm	Open Swim 2:30-4:15 pm	Member Only 3-5:00 pm	Swim Testing 2:30-2:45	Open Swim 2:30-5:00	2-2:15 Swim Testing	4:15-4:30 Swim Testing
4:00 p.m. -				Open Swim 2:45-4:15 pm		Open Swim Session 2	Open Swim Session 2
5:00 p.m. -	Water Aerobics 5-6:00 pm	Swim Lessons 4:30-6:30 pm	Water Aerobics 5-6:00 pm	Swim Lessons 4:30-6:30 pm	Water Aerobics 5-6 pm	4:15-4:30 Swim Testing	Session 2 4:30-6:30 pm
6:00 p.m. -	Pre/Post-natal 6-7:00 pm	Water Exercise 6:30-7:30 pm	Pre/Post-natal 6-7:00 pm	Water Exercise 6:30-7:30 pm	Swim Testing 6:15-6:30	4:30-6:30 pm Member Only	
7:00 p.m. -	Swim Lessons 6:00-7:30 pm	7:30-7:45 Swim Testing	6:00-7:30 pm	7:30-7:45 Swim Testing	6:30-9:00 Family Swim	C L O S E D	
8:00 p.m. -	Water Aerobics 7:30-8:30 pm	Member Only 7:45-9 pm	Water Aerobics 7:30-8:30 pm	Member Only 7:45-9 pm			
9:00 p.m. -	Adult Tranquility Swim 8:45-9:30 pm	Adult Tranquility Swim 9-9:30 pm	Adult Tranquility Swim 8:45-9:30 pm	Adult Tranquility Swim 9-9:30 pm	Adult Tranquility Swim 9-9:30 pm	Adult Tranquility Swim 9-9:30 pm	
10:00 p.m. -	Closed 9:30-10 pm	Closed 9:30-10 pm	Closed 9:30-10 pm	Closed 9:30-10 pm	Closed 9:30-10 pm	Rev. 7/16/10	



Clark County Family YMCA Pool Schedule Summer 2010

For more information please contact a Membership Representative at
360-885-9622 or www.ymca-clarkcounty.org

Before you enter our pool, please remember:

- All persons 14 years of age and younger will be swim tested before entering the water with no exceptions. All will be evaluated and banded even if they are only intending to stay in shallow water
- All persons 14 years of age and younger must wear color coded wrist bands at all times they are in or around the pool area. Those not complying will be asked to leave
- Must wear a bathing suit to be in the pool
- No street shoes allowed on pool deck
- All children under the age of 8 must be within arm's length of an actively responsible adult 18 yrs. or older
- Shower before entering the pool
- Only proper fitting Coast Guard Approved Personal Flotation Devices (PFDs) are allowed in the pool

The YMCA is not responsible for providing PFDs.

Swim Time

Open Swim – Blow up flotation devices are prohibited. Aquatics toys and balls are welcome.

Family Swim– Parent or guardian must be in pool with all participants under the age of 18. Aquatics toys and balls are welcome.

Quiet Family Swim– Families with young children are encouraged to attend. Parent or guardian must be in pool with all participants under the age of 18

Member Only Swim-must be a current member to attend, guests and Day Pass Swimmers must use Open Swim or Family Swim

Adult Tranquility Swim – lights dimmed, soothing music, adults 18 years or older only

Water Fitness Classes

Must be 14 yrs of age or older to participate in our Water Fitness Classes. May not be in the pool during a Water Fitness Class unless you are actively participating in the class. Please respect our instructors, members and guests and keep disruptive behavior, such as talking, to a minimum during class.

Exercise Swim-Open to anyone 14 yrs of age or older for independent pool exercise

Water Wellness– Mild water exercise at your own pace. Instructor on site to help you reach your goal

Water Walking– Very low impact walking and stretching at your own pace. Instructor on site to help you reach your goal.

Water Exercise– Instructor lead for all levels. Low impact and moderately aerobic

Water Aerobics– Instructor lead for all levels. Low impact and aerobic

Arthritis Class– Instructor lead mildly aerobic with an emphasis on stretching and mobility

Arthritis Wellness-Includes both Instructor lead and independent portions

Pre/Post Natal– low impact Aerobic class for expectant and new mothers