

YAQUATICS™

We build strong kids, strong families, strong communities.

John R. Grubb YMCA Aquatics Schedule Summer 2010

	LAP SWIM	OPEN SWIM	WATER EXERCISE	SWIM LESSONS	FAMILY SWIM
MON	6:00 am – 9:00 am	11:00 am – 12:00pm 3:00 pm – 6:00 pm	9:00 am – 10:00 am	Waterbabies 6:00 -6:30 pm Preschool (3-5) 9:45-10:15am or 6:00-6:30 pm School Age (6 & up) 10:15-11:00am or 6:35-7:15 pm	
TUES	6:00 am – 9:30 am	11:00 am – 12:00pm 3:00 pm – 5:30 pm	5:30 pm – 6:15 pm	Preschool (3-5) 9:45-10:15 am School Age (6 & up) 10:20-11:00am	6:15 pm – 7:00 pm
WED	6:00 am – 9:00 am	11:00 am – 12:00pm 3:00 pm – 6:00 pm	9:00 am – 10:00 am	Waterbabies 6:00 -6:30 pm Preschool (3-5) 9:45-10:15am or 6:00-6:30 pm School Age (6 & up) 10:15-11:00am or 6:35-7:15 pm	
THU	6:00 am – 9:30 am	11:00 am – 12:00pm 3:00 pm – 5:30 pm	5:30 pm – 6:15 pm	Preschool (3-5) 9:45-10:15 am School Age (6 & up) 10:20-11:00am	6:15 pm – 7:00 pm
FRI	6:00 am – 9:00 am	11:00 am – 12:00pm 3:00 pm – 6:00 pm	9:00 am – 10:00 am	Preschool (3-5) 9:45-10:15 am School Age (6 & up) 10:20- 11:00 am	
SAT	9:00 am – 12 pm	12:00 pm – 4:00 pm			
SUN	1:00 pm – 2:00 pm	2:00 pm – 4:00 pm			

*** July 4th the pool will be closed.**

Thanks to many generous community supporters, the YMCA strives to not turn away anyone due to an inability to pay.



Pool Descriptions

<p style="text-align: center;">Lap Swim</p> <p>Lap swim is designed to be a workout.</p> <p>Swimmers may need to share lanes or circle swim depending on usage.</p> <p>Please be courteous to fellow swimmers, so everyone can enjoy a swim workout.</p> <p>Lanes are first come, first serve.</p> <p>Swimmers MUST be 15 years old or older to swim in the lap lanes.</p>	<p style="text-align: center;">Aqua Exercise</p> <p>Using the resistance of the water, this class provides aerobic, muscular conditioning and stretching workout adaptable to all ages and fitness levels. The addition of barbells and noodles, add more variety and challenges to class segments. You get a great workout without the impact of the land aerobics.</p>
<p style="text-align: center;">Open Swim</p> <p>Lifeguard ratio: 30 participants to 1 lifeguard</p> <p>This is a special time for families to swim and play together.</p> <p>There is NO DIVING allowed in the swimming pool.</p> <p>Children UNDER the age of 9 must be accompanied by an adult.</p>	<p style="text-align: center;">Swim Lessons</p> <p>Waterbabies, Preschool, School Age, Adult (6 months old to adults)</p> <p>Registration at the front desk is required. For more information please contact: Amy Roland, Aquatic Coordinator at 471-8533</p> <p>The pool will be closed to all other activities during lessons</p>
<p style="text-align: center;">Required Swim Attire</p> <p>All swimmers must be wearing a bathing suit and/or swim trunks.</p> <p>No clothing is allowed in the pool. (example: cutoffs, workout clothing, and colored t-shirts.)</p>	<p style="text-align: center;">Family Swim Time</p> <p>A time set aside for families to swim together. Anyone under 18 years of age must be accompanied by an adult.</p>