



AQUATIC SCHEDULE – FALL SESSION I 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NATATORIUM POOL SEPT 4th, 2018 THRU OCT 31st, 2018 POOL TEMP: 84–86 Degrees Youth Swim (Ages 6–11) Mon and Thurs 5:45–6:45pm (must be in Kid Watch program) Family Swim This time is designated for parents/children, husband/wife, uncle/nephew/niece, or grandparent/grandchild, to enjoy time in the pool together. This is not an open swim for youth to be alone in the water. All swimmers must be accompanied by a parent/adult in the water. All children ages 5 and under must have an adult within arm reach at all times. Open Swim Recreational swim for facility members and member groups (Youth Advocates, Big Brother Big Sister, PCBH, Children’s Home, Haven Home for Girls, Keystone Human Service) to play, water walk, or exercise. This is not lap swimming. Youth under 11 must have an adult (18 or older) supervision in the pool area. All children ages 5 and under must have an adult within arm reach at all times. Lap Swim M–T 5:30 am–8:00pm Friday 5:30am – 7pm Saturday 7am – 2pm Sunday 1pm – 4pm 2 lanes available For all adult and youth able to do continuous laps of swimming or walking. Youth under 11 must have an adult in the pool area.	Natorium Pool Schedule – Two Lap Lanes Available During Program Times					
	Monday 5:30am – 8pm	Tuesday 5:30am – 8pm	Wednesday 5:30am – 8pm	Thursday 5:30am – 8pm	Friday 5:30am – 7pm	Saturday 7am – 2pm
Open Swim 5:30–9:00 am	Open Swim 5:30–9:00 am	Open Swim 5:30–9:00 am	Open Swim 5:30–9:00 am	Open Swim 5:30–9:00 am	Lap Swimming 7 am – 12 pm	
Senior Swim and Exercise 9–10 am	Water in Motion Platinum 9 – 9:45am	Senior Swim and Exercise 9–10 am	Water in Motion Platinum 9 – 9:45am	Senior Swim and Exercise 9–10 am	Water Discovery 9:20 – 9:50 am	
Private Instruction 10 – 10:30am		Private Instruction 10 – 10:30am		Private Instruction 10 – 10:30am	Water Acclimation (Y) 10:00 – 10:40am	
Water in Motion 10:15 – 11am & Water Acclimation (PS) 10:35–11:15am		Private Instruction 10:35 – 11:05am	Closed 1 st and 3 rd Thursday of the month for cleaning 11am – 12pm	Private Instruction 10:35 – 11:05am	Water Acclimation (PS) 10:50 – 11:30 am	
Water Discovery 11:30am – 12pm	Private Instruction 11:15 – 11:45	Water Exploration 11:30am – 12pm		Water Discovery 11:30am – 12 pm	Open Swim (11:00 – 12:15) (Lanes 1 & 2)	
Arthritis Aquatics 12:15 – 1pm	YARCS 12:15 – 1pm	Arthritis Aquatics 12:15 – 1 pm		Arthritis Aquatics 12:15 – 1pm	Water Exploration 11:30am–12pm	
Homeschool 1 – 2pm	Open Swim 1:30pm – 3pm		Open Swim 1:30pm – 3pm		Family Swim 12:30 – 1:45 (Lanes 1 & 2)	
Senior Swim and Exercise 2–3 pm		Senior Swim and Exercise 2–3pm		Senior Swim and Exercise 2–3 pm	Sunday 1pm – 4pm Lap Swimming (1 – 4) Open Swim (1 – 2:15) (Lanes 1 & 2) Family Swim 2:30 – 3:45 (Lanes 1 & 2)	
Private Instruction 4:00 – 5:00pm	Private Instruction 4:00 – 5:00pm	Private Instruction 4:00 – 5:00pm	Private Instruction 4:00 – 5:00pm			
Family Swim 4:30 – 5:45pm (Lanes 1 & 2)	Water Acclimation (PS) 5:00 – 5:40pm & Water Movement (Y) 5:00 – 5:40pm	Family Swim 4:30 – 5:45pm (Lanes 1 & 2)	Water Movement (Y) 5:00 – 5:40pm	Family & Open Swim 4:30 – 5:45pm (Lanes 1 & 2)		
Private Instruction 5:00 – 5:30pm		Private Instruction 5:00 – 5:30pm		Easter Seals 5:30pm–7:00pm (Rental)		
Teen Instruction 5:45pm–6:25 pm & Kids Watch Swim 5:45pm–6:45 pm (Lanes 1 – 2)	Water Movement (PS) 5:45 – 6:25pm & Stroke Introduction (Y) 5:45–6:25pm	Water in Motion 5:45 – 6:5pm & Water Stamina (PS) 5:45pm–6:25pm	Water Acclimation (Y) 5:45 – 6:25pm & Kid Watch Swim 5:45 – 6:45pm (Lanes 1 & 2)			
Stroke Mechanics (Y) 6:30pm–7:10pm	Water Exploration 6:30 – 7:00pm & Water Stamina (Y) 6:30–7:10pm	Water Movement (Y) 6:30pm–7:10pm	Stroke Introduction (Y) 6:30pm–7:10pm			
Stroke Development (Y) 6:30–7:10 pm						
Adult Instruction 7:15–7:55 pm	York Divers 7:15–9 pm (Rental)		York Divers 7:15–9 pm (Rental)			