



AQUATIC SCHEDULE – SPRING SESSION 2019

NATATORIUM POOL

**May 1st, 2019
THRU
June 31st, 2019**

**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 – 12pm
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.

Natatorium 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
Lap Swimming/Water Walking 5:30-9:00 am	Lap Swimming/Water Walking 5:30-9:00 am	Lap Swimming/Water Walking 5:30-9:00 am	Lap Swimming/Water Walking 5:30-9:00 am	Lap Swimming/Water Walking 5:30-9:00 am	Lap Swimming/Water Walking 7:00 – 12:00pm
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	Lap Swimming/Water Walking
Private Instruction 10 – 10:30am	Lap Swimming/Water Walking	Private Instruction 10 – 10:30am	Lap Swimming/Water Walking	Private Instruction 10 – 10:30am	Stroke Introduction 9:20am – 10am
Water in Motion 10:15 – 11 am	Lap Swimming/Water Walking	Private Instruction 10:35 – 11:05am	Closed 1 st and 3 rd Thursday of the month for cleaning 11 am – 12 pm	Private Instruction 10:35 – 11:05am	Water Acclimation (Y) 10:00 – 10:40am
Water Discovery 11:30am – 12 pm		Water Exploration 11:30am – 12pm		Private Instructions 11:15 – 11:45	Water Acclimation (PS) 10:50 -11:30 am
Water Exploration 11:30am – 12pm	Private Instruction 11:15 – 11:45	Water Exploration 11:30am – 12pm	Lap Swimming/Water Walking	Private Instructions 11:15 – 11:45	Water Acclimation (PS) 10:50 -11:30 am
Arthritis Aquatics 12:00pm -1pm	YARCS 12:15pm – 1pm	Arthritis Aquatics 12:00pm -1 pm	Lap Swimming/Water Walking	Arthritis Aquatics 12:00pm - 1pm	Open Swim 11:00 – 12:15 (Lanes 1 & 2)
Homeschool 1 – 2pm (Lanes 1,2,5 & 6)	Open Swim 1:30 – 2:45pm	Lap Swimming/Water Walking	Open Swim 1:30 – 2:45pm	Lap Swimming/Water Walking	Family Swim 12:30 – 1:45 (Lanes 1 & 2)
Private Lesson 4 – 4:30pm 4:30 – 5pm 5:00 – 5:30pm	Lap Swimming/Water Walking	Lap Swimming/Water Walking	Lap Swimming/Water Walking	Family Swim 5pm – 6pm (Lanes 1 & 2)	Sunday 1pm – 4pm Lap Swimming & Water Walking (1 – 4) Open Swim (1 – 2:15) (Lanes 1 & 2) Family Swim 2:30 – 3:45 (Lanes 1 & 2)
Family Swim 5pm – 6pm (Lanes 1 & 2)	Lap Swimming/Water Walking	Water in Motion 5:30 – 6:15pm (Lanes 1 & 2)	Kid Watch Swim 5:45pm – 6:30pm (Lanes 1 & 2)	Lap Swimming/Water Walking	
Kids Watch Swim 5:45pm-6:30 pm (Lanes 1 – 2)	Lap Swimming/Water Walking	Lap Swimming/Water Walking	Easter Seals 5:45pm-7:15pm (Rental) (Lanes 5 & 6)		
Stroke Introduction (Y) 5:45pm – 6:25pm (Lanes 5 & 6)	Water Discovery & Water Exploration 5:30 – 6:00	Water Acclimation (Y) 5:45pm – 6:25pm (Lanes 5 & 6)	Water Stamina (Y) 5:45pm – 6:25pm (Lanes 5 & 6)		
Stroke Mechanics (Y) 6:30pm-7:10pm (Lanes 5 & 6)	Water Acclimation (PS) 6:05pm – 6:45pm (Lanes 5 & 6)	Water Movement (Y) 6:30pm-7:10pm (Lanes 5 & 6)	Stroke Introduction (Y) 6:30pm – 7:10pm (Lanes 1 & 2)		
Stroke Development (Y) 6:30pm – 7:10pm (Lanes 5 & 6)	Water Movement (PS) 6:50pm – 7:30pm (Lanes 1 & 2)	Family Swim 6:30pm – 7:30pm (Lanes 1 & 2)	Private Instruction 7:15 – 7:45		
Adult Instruction 7:15pm-7:55 pm (Lanes 5 & 6)	York Divers 7:15pm-9 pm (Rental)	Private Instruction 7:15pm – 7:45	York Divers 7:15pm-9 pm (Rental)		



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**