



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

AQUATIC POOL SCHEDULE

SOUTHERN BRANCH YMCA

2019 Spring Revised 4/2/19	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Schedule is subject to change	5:15-8:00 Open Exercise	5:15-9:00 Open Exercise	5:15-8:00 Open Exercise	5:15-10:00 Open Exercise	5:15-8:00 Open Exercise	7:00-9:00 Open Exercise	
	8:00-8:40 Arthritis		8:00-8:40 Arthritis		8:00-8:40 Arthritis		
Multiple activities are often scheduled in this pool at the same time.	9:00-9:45 Silver Splash	9:00-11:0 Swim Lessons	9:00-9:45 Deep Water	9:00-10:00 Water in Motion	9:00-9:45 Deep Water	9:00-12:00 Swim Lessons	
	9:00-9:45 Deep Water						
The Aquatic Staff will do their best to accommodate each individual member's needs.	10:00-10:45 Deep Water		10:00-10:45 Deep Water	10:00-10:45 Deep Water	10:00-10:45 Deep Water		
	10:00-10:45 Noodle Workout		10:00-10:45 Noodle Workout		10:00-10:45 Noodle Workout		
Lap Swimming Lap swimming is open to anyone having the ability to do continuous, multiple laps of swimming. Lap lanes may be added or decreased depending on the pool schedule and space available. Lap lanes are not available during swim meets.				10:00-12:45 Swim Lessons			
	12:00-4:00 Open Swim	12:00-4:00 Open Swim	12:00-4:00 Open Swim	12:00-4:00 Open Swim	12:00-9:00 Open Swim	12:00-5:00 Open Swim	1:00-5:00 Open Swim
	4:00-8:30 YMCA Swim Team	4:00-8:30 YMCA Swim Team	4:00-8:30 YMCA Swim Team	4:00-8:30 YMCA Swim Team			
Please contact the Aquatic Department with any questions.	5:30-7:45 Swim Lessons	5:30-7:00 Swim Lessons	5:30-7:00 Swim Lessons	5:30-7:45 Swim Lessons			
		6:30-7:30 Deep Water					
	7:30-9:00 Open Swim	7:30-9:00 Open Swim	7:30-9:00 Open Swim	7:30-9:00 Open Swim			



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SWIM LESSON SCHEDULE

2019 Spring II

April 29-
June 15

Fees:

Facility Member: \$65
Non-Member: \$130

SWIM LESSON INFORMATION

Registration will begin on the dates listed and close after the first week of lessons. Participants may register at the front desk or online. Classes require a minimum number of three swimmers and are subject to combining. Specific class instructor cannot be guaranteed. For up-to-date class information please refer to the pool schedules located for pick up at the front desk. **Please contact the Aquatic Department with any questions.**

Revised 4/2/2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				10:30-11 Water Acclimation Ms. Serena		9:00-9:30 Water Acclimation TBD
		9:30-10:00 Water Movement Ms. Serena		11:00-11:30 Water Stamina Ms. Serena		9:00-9:45 Stroke Introduction TBD
		10:00-10:30 Water Stamina Ms. Serena		11:45-12:15 Water Stamina Ms. Serena		9:30-10:00 Water Movement TBD
		10:30-11:00 Parent/Child Ms. Serena		12:15-12:45 Water Movement Ms. Serena		9:45-10:30 Stroke Development TBD
						10:15-10:45 Parent/Child TBD
	5:30-6:15 Stroke Introduction TBD	5:30-6 Water Acclimation TBD	5:30-6:00 Water Acclimation TBD	5:30-6:15 Stroke Introduction TBD		10:45-11:15 Water Stamina TBD
	6:15-7:00 Stroke Development TBD	5:30-6:15 Stroke Development Mr. Jim	6:00-6:30 Water Movement TBD	6:15-7 Stroke Development TBD		10:45-11:30 Stroke Mechanics TBD
	7:00-7:45 Stroke Mechanics TBD	6:00-6:30 Water Acclimation TBD	6:30-7:00 Water Stamina TBD	7-7:45 Adult Swim Class TBD		
		6:15-7 Stroke Introduction Mr. Jim				

UPCOMING 2019 SWIM SESSIONS

Spring II Session	April 29 – June 10	Registration:	M: April 8	NM: April 15
Summer Session	June 24-August 5	Registration:	M: June 3	NM: June 10

SOUTHERN BRANCH YMCA

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