

## Pool Schedule September 4-10, 2017 Open House Week

### Aqua Fitness Sampler & Swim Lesson Evaluations

\*2 Lap Lanes Open for Lap Swimmers. Qualified swimmers under the age of 14 may swim laps during these times. \*\* Senior Swim:

Seniors may take the Water Workout class or swim in the deep end of the pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool Closed August 28- September 3	<b>Labor Day</b>  Pool Opens 12:30	Adult Swim 5:15-8:30	Adult Swim 5:15-8:30	Adult Swim 5:15-8:30	Adult Swim 5:15-8:30	POOL OPENS @ 6:00
		Pool Re-opens 11:00	*Waterobics 8:30-9:15	*Hydro Circuit 8:30-9:15	Pool Re-Opens 9:30	Adult Swim 6:00-9:00
			Adult Swim Clinic 9:15-9:45	Water Walking 9:15-10:00	Rentals Only 9:30-11:30	Pool Re-Opens 11:30
			Aqua Zumba 10:00-11:00	Arthritis/Mobility 10:00-11:00		
	Adult Swim 12:30-1:30	<b>Adult Swim 11:00-1:30</b> <small>MDH Aqua PT 11:30-1:00</small>	Adult Swim 11:00-1:30	Adult Swim 11:00-1:30	Adult Swim 11:30 - 1:00	
	*Open Swim 1:30-4:30	*Open Swim 1:30-5:00	*Open Swim 1:30-3:30	*Open Swim 1:30-4:00	Water Workout **Senior Swim 1:30-2:30	*Open Swim 1:00 - 4:30
			Swim Clinic 3:30-5:00	Swim Lesson Evaluations 4:00-5:00	*Open Swim 2:30-5:00 <small>MDH Aqua PT 2:30-5:00</small>	
		Adult Lap Swim 5:15-6:00	Adult Lap Swim/ Hydro Circuit 5:15-6:00		Adult Lap Swim 5:15-6:00	
		<b>Labor Day</b>  Pool Closes 4:30	*Open Swim 6:00-9:00	Swim Lesson Evaluations 6:00-7:00	*Open Swim 6:00-7:00	*Open Swim 6:00-8:00
	*Open Swim 7:00-9:00			*Aqua Fit 7:15-7:45		
*Open Swim 7:45-9:00	Pool Closes @ 8:00					

Pool Closes @ 9:00 p.m. Monday through Thursday

Please help keep the pool safe and contaminate-free by following these simple rules:

- Children under the age of 8 are required to be accompanied in the water by a responsible adult/guardian.
- No flotation suits allowed in the deep end or for a swim lesson.
- Always shower before entering pool.
- Wear only shoes dedicated to the pool or have bare feet on the pool deck.
- Only toys provided by the YMCA are allowed in the pool.
- Non-swimmers may bring a Coast Guard approved PFD for shallow end use ONLY.
- Only swimsuits allowed in pool – no street clothes.

**SCHEDULE SUBJECT TO CHANGE**

**Contact Aquatics Coordinator Jenny Malone: 309-833-2129**



Revised 8/4/2017