



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

HIGH RIDGE YMCA POOL SCHEDULE

June 5th - September 3rd

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15a-8:55a Lap Swim (5)	5:15a-8:55a Lap Swim (3) 5:15a-7a Masters (2)	5:15a-9a Lap Swim (5) 9a-10:30a Open Swim (2) Lap Swim (3)	5:15a-8:55a Lap Swim (3) 5:15a-7a Masters (2)	5:15a-10a Lap Swim (5)	6a-7a Lap Swim (5)	7a-7:30a Lap Swim (5)
9a-10a Aqua Fit (3) Lap Swim (2)	9a-10a Aqua Fit (3) Lap Swim (2)	10:30a -11:30a Camp Care A Lot (3) Open Swim (2)	9a-10a Aqua Fit (3) Lap Swim (2)	10a-11a Aqua Fit (3) Camp Swim HRY (2)	7a-9a Swim Team (3) Lap Swim (2)	7:30a-9a Masters (3) Lap Swim (2)
10a-11a Camp Swim HRY (3) Lap Swim (2)	10a-11a Camp Play A Lot (5)	11:30a-2p Open Swim (2) Lap Swim (3)	10a-11a Camp Play A Lot (5)	11a - 2p Open Swim (2) Lap Swim (3)	9a-10a Aqua Fit (3) Synchro (2)	9a-1p Swim Lessons (5) 9:30a-10:30a DWCR (1)
11a - 2p Camp Swim LTY (5)	11a-12p Camp Swim HRY (3) Lap Swim (2)	2p-4p Head Start (3) Lap Swim (2)	11a-2p Lap Swim (3) Open Swim (2)	2p-4p Camp Swim HRY (5)	10a-1:30p Swim Lessons (5)	1p-2p Lap Swim (3) Open (2)
2p-4p Camp Swim HRY (5)	12p-2p Open Swim (3) Lap Swim (2) 2p-4p Camp Swim HRY (5)	4p-5:30p Swim Lessons (3) Lap Swim (2)	2p-3p Ravenswood Camp Swim (5) 3p-6p Lessons (3) Lap Swim (2)	4p-5:30p Lap Swim (2) Open Swim (3)	1:30p-4:30p Scuba (2) Open Swim (3)	2p-4:30p Lap Swim (2) Open Swim (3)
4-6p Lap Swim (2) Swim Lessons (3)	4-6p Lap Swim (2) Swim Lessons (3)	5:30p - 7p Swim Team (3) Swim Lessons (2) DWCR @6p (1)	6p-7p Swim Lessons (2) Swim Team (3)	5:30p-8:30p Swim Team (4) Open Swim (1)	The pool will be shut down for annual cleaning 9/4 - 9/17	**Synchro Clinics will be held the 2nd and last Saturday of the month from 2:45p-4:45p; pool space will be limited
6p-7p Swim Lessons (3) Water Polo (2)	6p-7:15p Swim Lessons (2) Swim Team (3)	7p-8:30p Swim Team (4) Open Swim (1)				
7p-8p Scuba (2) DWCR (1) Lessons (2)	7:15p-8:30p Swim Team (4) Lap Swim (1)	7p-8:30p Swim Team (4) Swim Lessons (1)				
7p-8p Scuba (2) DWCR (1) Lessons (2)	7:15p-8:30p Swim Team (4) Lap Swim (1)	7p-8:30p Swim Team (4) Swim Lessons (1)				
8p-9:30p Open Swim (3) Scuba (2)	8:30p-9:30p Lap Swim (2) Open Swim (3)	8:30-9:30p Lap Swim (3) Open Swim (2)	8:30p-9:30p Lap Swim (3) Open Swim (2)			

POOL SPACE IS SUBJECT TO CHANGE



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POOL RULES

The lifeguard has the final discretion in rule enforcement. Failure to follow rules may result in expulsion.

- Anyone who wishes to utilize the deep end must take a swim test if they are under the age of 18
- Children 11 years of age and under must have an adult 16 years or older in the water with them at all times and within arm's reach
- The pool equipment is for YMCA programming only
- No excessive breath holding allowed
- No flips, spins, back dives / jumps. Diving is allowed designated areas only
- No horseplay, dunking, or throwing of children
- No profanity
- No running
- All instructional flotation devices must be lifeguard approved
- Children who are not toilet trained must have a swim diaper and a bathing suit and/or plastic pants
- Men's bathing suit must have a liner
- Please shower in the locker room prior to entering the pool
- Please remove band-aids before entering the pool
- Any person showing evidence of a skin disease, open cuts or wounds, a cold/nasal discharge, inflamed eyes or any communicable disease will not be allowed to swim
- Food and drink is not allowed in the pool area

Schedule Descriptions

<p>Lap Swim Designated for constant lap swimming. When there are more than 2 people per lane, patrons are required to circle swim</p>	<p>Masters Swim A fee-based adult competitive swim team.</p>	<p>Aqua Fit This is a FREE program for members. Aqua Fit is a medium-impact cardio and strength training class. This class is held in both shallow and deep water.</p>
<p>Open Swim A free swim time for members/children. Children under the age of 11 must be accompanied by an adult (16 years or older) within 3 ft. of them at all times. All swimmers under the age of 18 will be required to take a swim test to enter the deep end</p>	<p>Swim Team A fee-based program for our age group swim team. Swim team is for children 6-17 years. All participants must try out prior to enrollment.</p>	<p>Synchro Synchronized swimming is a fee based program for participants ages 9-18. This class is taught by certified synchronized swimming instructors. Participants must audition prior to joining – but no experience is needed!</p>
	<p>Deep Water Cadence Running (DWCR) A fee based deep-water running class that uses evidence-based, cadence-specific workouts to achieve peak athletic performance. Deep water is an impact-free workout for all skill levels. Taught by a certified instructor; float belts will be provided.</p>	

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