



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

HIGH RIDGE YMCA POOL SCHEDULE

February 18th - April 2nd

(#) = lanes available for activity

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15a-10a Lap Swim (5)	5:15a-9a Lap Swim (5)	5:15a-10a Lap Swim (5)	5:15-7:30a Lap (3) Masters (2)	5:15a-10a Lap Swim (5)	6a-7a Lap Swim (5)	7a-7:30a Lap Swim (5)
10a-11a AQ Fit (3) Lap Swim (2)	9a-10a AQ Fit (3) Lap Swim (2)	10a-11a AQ Fit (3) Lap Swim (2)	7:30a-10am Lap (5)	10a-11a AQ Fit (3) Lap Swim (2)	7a-9a Swim Team (3) Lap Swim (2)	7:30a-9a Masters (3) Lap Swim (2)
			10a-11a Open Swim (3) Lap Swim (2)			
11a-3p Lap Swim (5)	10a-3p Lap Swim (5)	11a-3p Lap Swim (3) Open Swim (2)	11a-3p Lap (5)	11a-3:45p Lap Swim (5)	9a-10a Synchro (2) AQ Fit (3)	9a-12:30p Swim Lessons (5) 9:30a-10:30a DWCR (1)
3p-5p Open Swim (3) Lap Swim (2)	3p-4:30p Head Start (3) Open Swim (2)	3p-5p Open Swim (2) Lap Swim (3)	3p-4:30p Head Start (3) Open Swim (2)	3:45p-4:45p After School (3) Open Swim (2)	10a-1:30p Swim Lessons (5)	12:30p-4:30p Open Swim (3) Lap Swim (2)
5p-6p Open Swim (2) Lessons (3)	4:30p-5:45p Lessons (3) Open Swim (2)	5p-6p Open Swim (2) Lessons (3)	4:30p-5:45p Lessons (3) Open Swim (2)	4:45p-5:45p Open Swim (2) Lap Swim (3)		
6p-7p Lessons (3) Open Swim (2)	5:45p - 7:15p Lessons (2) Swim Team (3)	6p-7p Lessons (2) Swim Team @ 5:45p (3) DWCR (1)	5:45p - 7:15p Lessons (2) Swim Team (3)	5:45p-8:30p Swim Team (3) Open Swim (2)	1:30p-4:30p Scuba (2) Open Swim (3)	
7p-8p Scuba (2) Lessons (2) DWCR (1)	7:15p-8:30p Swim Team (4) Open Swim (1)	7p-7:45p Lessons (2) Swim Team (3)	7:15p-8:30p Swim Team (4) OpenSwim (1)			
8p-9:30p Scuba (2) Lap (3)	8:30p-9:30p Lap Swim (3) Open Swim (2)	7:45p-8:30p Swim Team (4) Lap Swim (1) 8:30p-9:30p Lap Swim (5)	8:30p-9:30p Lap Swim (3) Open Swim (2)	*Swim Team takes 4 lanes @ 7p		**Synchro Clinics will be held the 2nd and last Sunday of the month from 2:45p-4:45p; pool space will be limited

FIRST TIME MEMBERS AND GUESTS, WELCOME TO OUR POOL! PLEASE REFER TO THE BACK FOR THE POOL RULES

*****POOL SPACE IS SUBJECT TO CHANGE TO ACCOMMODATE TRAININGS, PRIVATE LESSONS AND EVENTS*****



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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 18 years or older in the water with them at all times and within arms reach.
- The pool equipment is for YMCA programming only
- No excessive breath holding allowed
- No flips, spins, back dives / jumps. Diving is allowed in designated areas only
- No horseplay, dunking, or throwing of children
- No profanity
- No running
- All instructional and personal 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
- All bathing suits 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; must be at least 15yrs of age to swim laps, or at the discretion of the Aquatic Director. 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 (18 years or older) within arms reach 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>	