



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

## HIGH RIDGE YMCA POOL SCHEDULE

May 1st - June 10th

(#)= lanes available for activity

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15a-8:55a Lap Swim (5)	5:15a-8:55a Lap Swim (5)	5:15a-9a Lap Swim (5)	5:15-7:30a Lap (3) <b>Masters (2)</b>	5:15a-11:30a Lap Swim (5)	6a-7a Lap Swim (5)	7a-7:30a Lap Swim (5)
10a-11a <b>AQ Fit (3)</b> Lap Swim (2)	9a-10a <b>AQ Fit (3)</b> Lap Swim (2)	10a-11a <b>AQ Fit (3)</b> Lap Swim (2)	7:30a-10am Lap (5)	11:30a-12:30p <b>AQ Fit (3)</b> Lap Swim (2)	7a-9a <b>Swim Team (3)</b> Lap Swim (2)	7:30a-9a <b>Masters (3)</b> Lap Swim (2)
			10a-11a Open Swim (3) Lap Swim (2)			
11a-3p Lap Swim (3) Open Swim (2)	10a-3p Lap Swim (5)	11a-3p Lap Swim (3) Open Swim (2)	11a-3p Lap (5)	12:30p - 3:45p Lap Swim (3) Open Swim (2)	9a-10a <b>Synchro (2)</b> <b>AQ Fit (3)</b>	9a-1p <b>Swim Lessons (5)</b> 9:30a-10:15a <b>DWCR (1)</b>
3p-5p Open Swim (3) Lap Swim (2)	3p-4:30p <b>Head Start (3)</b> Open Swim (2)	3p-5p Open Swim (2) Lap Swim (3)	3p-4:30p <b>Head Start (3)</b> Open Swim (2)	3:45p-4:45p <b>After School (3)</b> Open Swim (2)	10a-2p <b>Swim Lessons (5)</b>	1p-4:30p <b>Open Swim (3)</b> Lap Swim (2)
5p-6p Open Swim (2) <b>Lessons (3)</b>	4:30p-5:45p <b>Lessons (3)</b> Open Swim (2)	5p-5:45p Open Swim (2) <b>Lessons (3)</b>	4:30p-5:45p <b>Lessons (3)</b> Open Swim (2)	4:45p-5:45p Open Swim (2) Lap Swim (3)		
6p-7p <b>Lessons (3)</b> Open Swim (2)	5:45p - 7:30p <b>Lessons (2)</b> <b>Swim Team (3)</b>	5:45p-7:15p <b>Lessons (2)</b> <b>Swim Team (3)</b> <b>DWCR (1)</b>	5:45p - 7:30p <b>Lessons (2)</b> <b>Swim Team (3)</b>	5:45p-8:30p <b>Swim Team (3)</b> Open Swim (2)	2p-4:30p <b>Scuba (2)</b> Open Swim (3)	
7p-8p <b>Scuba (2)</b> <b>Lessons (2)</b> <b>DWCR (1)</b>	7:30p-8:30p <b>Swim Team (3)</b> Open Swim (2)	7:15p-8:30p Open Swim (2) <b>Swim Team (3)</b>	7:30p-8:30p <b>Swim Team (3)</b> OpenSwim (2)			
8p-9:30p <b>Scuba (2)</b> Lap (3)	8:30p-9:30p Lap Swim (3) Open Swim (2)	8:30p-9:30p Lap Swim (3) Open Swim (2)	8:30p-9:30p Lap Swim (3) Open Swim (2)	**Synchro Clinics will be held the 2nd and last Sunday of the month from 2:45p-4:45p; pool space will be limited		



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**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\*\*\***

### 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 under 8 years of age must have a parent in the water with them at all times and within arms reach. Children ages 8-10 who pass the deep end test may be in the water alone with a parent present in the building.**
- 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 style="text-align: center;"><b>Lap Swim</b></p> <p>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 style="text-align: center;"><b>Masters Swim</b></p> <p>A fee-based adult competitive swim team.</p>	<p style="text-align: center;"><b>Aqua Fit</b></p> <p>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 style="text-align: center;"><b>Open Swim</b></p> <p>A free swim time for members/children. <b>Children under the age of 11 must be accompanied by an adult (18 years or older) within arms reach of them at all times.</b> All swimmers under the age of 18 will be required to take a swim test to enter the deep end</p>	<p style="text-align: center;"><b>Swim Team</b></p> <p>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> <hr/> <p style="text-align: center;"><b>Deep Water Cadence Running (DWCR)</b></p> <p>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>	<p style="text-align: center;"><b>Synchro</b></p> <p>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>