



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

HIGH RIDGE YMCA POOL SCHEDULE SUMMER 2018

July 16th - August 7th

(#) = 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) 9a-10:30a Open Swim (2) Lap Swim (3)	5:15a-10a 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 (4) Lap Swim (1)	9a-10a Aqua Fit (4) Lap Swim (1)	10:30a -11:30a HRY Camp (3) Open Swim (2) 11:30a-12:30p AQ Fit (4) Lap Swim (1)	10a-11a Camp Play A Lot (5)	10am-11:30am HRY Camp (3) Head Start (2) 11:30a-12:30p Aqua Fit (4) Lap Swim (1)	7a-9a Swim Team (3) Lap Swim (2)	7:30a-9a Masters (3) Lap Swim (2)
10a-11a HRY Camp (3) Lap Swim (2)	10a-11a Camp Play A Lot (5)	12:30p-2:45p Open Swim (3) Lap Swim (2)	11a-1:30p Lap Swim (2) Open Swim (2)	12:30p-1:30p Open Swim (3) Lap Swim (2)		
11a - 1:30p Open Swim (3) Lap Swim (2)	11a-12p HRY Camp (3) Lap Swim (2)	2:45p-4:45p Head Start (3) Open Swim (2) ends @4p Lessons @4p	1:30p-2:30p Ravenswood Camp Swim (5)	1:30p-4:30p HRY Camp (5) 4:30p-5:45p Open Swim (3) Lap Swim (2)	9a-10a Aqua Fit (3) Synchro (2) Adult Lesson @9:15a	9a-1:30p Swim Lessons (5) 9:30-10:15a DWCR (1)
1:30p-4p HRY Camp (5)	12p-1:30p Open Swim (2) Lap Swim (3)	4p-5:45p Swim Lessons (3) Lap Swim (2)	2:30p-3:30p Camp Lessons (3) Lap Swim (2)	5:45p-6:30p Swim Team (3) Open Swim (2)	9:15a-2p Swim Lessons (5)	
4p-7p Swim Lessons (3) Lap Swim (2)	1:30p-4p HRY Camp (5) 4p-5p Swim Lessons (3) Lap (2)	5:45p-7p Swim Team (3) Swim Lessons (2) DWCR @6p (1)	3:30p-5:45p Swim Lessons (3) Open Swim (2) 5:45p-7p Swim Team (3) Lessons (2)			1:30 -4:30p Lap Open Swim (3) Lap Swim (2)
7p-8p Swim Lessons (2) Scuba (2) DWCR (1)	5p-5:45p Swim Lessons (3) Lap Swim (2)	7p-8:30p Swim Team (4) Swim Lessons (1)	7p-8:30p Swim Team (4) Lap Swim (1)	6:30p-8:30p Swim Team (4) Lap Swim (1)	2p-4:30p Scuba (2) Open Swim (3)	
8p-9:30p Open Swim (3) Scuba (2)	5:45p-7:30p Swim Team (3) Swim Lessons (2) 7:30p-8:30p Swim Team (3) Open Swim (2) 8:30p-9:30p Open Swim (2) Lap Swim (3)	8:30-9:30p 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

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



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

- **Children 8 and older may swim w/out an adult if they pass the deep water test to swim. If a child does not pass the deep water test they must have a parent or designated caregiver at least 16 years of age in the water with them at all times. Youth 11-16 years old will be required to take a swim test. If swim test cannot be passed, patron must adhere to swim safety rules**

- 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 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 (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>	