



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

HIGH RIDGE YMCA POOL SCHEDULE FALL 1 SESSION 2018

September 10th - October 28th

(#) = lanes available for activity

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15a-9:55a Lap Swim (5)	5:15a-8:55a Lap Swim (5)	5:15a-11:25a Lap Swim (5)	5:15a-10a Lap Swim (5)	5:15a-11:25a Lap Swim (5)	6a-7a Lap Swim (5)	7a-7:30a Lap Swim (5)
10a - 11a Aqua Fit (4) Lap Swim (1)	9a-10a Aqua Fit (4) Lap Swim (1)	11:30a-12:30p AQ Fit (4) Lap Swim (1)	10a-12p Head Start (2) Lap Swim (3))	11:30a-12:30p AQ Fit (4) Lap Swim (1)	7a-9a Swim Team (3) Lap Swim (2)	7:30a-9a Lap (5)
		12:30p-2p Lap Swim (5)		12:30p-2p Lap Swim (5)		
11a-2p Lap Swim (5)	10a-12p Head Start (2) Lap Swim (3)	2p-4p Lap Swim (3) Open Swim (2)	12p-4p Lap Swim (3) Open Swim (2)	2p-3:45p Lap Swim (3) Open Swim (2)		
2p - 4p Open Swim (2) Lap Swim (3)	12p-4p Lap Swim (3) Open Swim (2)	4p-6p Lessons (3) Regina (2)	4p-6p Lessons (3) Regina (2)	3:45p-4:45p After School (2) Regina (2) Lap (1)	9a-10a Aqua Fit (2) Synchro (2) Adult Lesson @9:15a (1)	9a-1:30p Swim Lessons (5) 9:30-10:15a DWCR (1)
4p-6p Lessons (3) Regina (2)	4p-6p Lessons (3) Regina (2)	6p-7p Swim Lessons (2) Swim Team (3)	6p-7p Swim Lessons (2) Swim Team (3)	4:45p-6p Regina (2) Lap (3)	9:15a-2p Swim Lessons (5)	
6p-7p Swim Lessons (3) Lap Swim (2)	6p-7p Swim Lessons (2) Swim Team (3)	7p-8:30p Swim Lessons (2) Swim Team(3)	7p-8:30p Swim Lesson (2) Swim Team(2)	6p-7p Swim Team (3) Lap Swim (2)	2p-4:30p Scuba (2) Open Swim (3)	1:30 -4:30p Lap Open Swim (3) Lap Swim (2)
	7p-8:30p Swim Lesson (2) Swim Team(3)					
7p-8p Lessons (2) DWCR (1) Scuba (2)	8:30p - 9:30p Lap Swim (5)	8:30p - 9:30p Lap Swim (2) Open Swim (3)	8:30p - 9:30p Lap Swim (5)	7p-8:30p Swim Team (3) Open Swim (3)		
8p-9:30p Open Swim (3) Scuba (2)						

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*****

**Synchro Clinics will be held the 2nd and last Sunday of the month from 3:15p-4:45p; pool space will be limited



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

POOL RULES

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>Regina This is a high school swim team with lanes specifically reserved 4p-6p Monday through Friday.</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 8 who have not passed the deep end test must be accompanied by a designated caregiver (16 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>	