



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Effective: February 2018

- Swim Lesson Schedule is subject to change. Classes are dependent upon enrollment and may be cancelled.
- 8 - 11 year olds, accompanied by someone 16 or older in the facility.
- Under 8 years accompanied by someone 16 or older, either in the pool with them or on the pool deck.
- The Therapy Pool is open for Adult Open Swim during Preschool Swim Lessons as long as there is enough room for the class participants and that Adult Open Swim participants are respectful of the instructor and class participants by not disrupting the class.
- Classes listed \$\$\$ are paid classes. All other classes are included with a membership. Classes and lessons may be held in the Lap Pool if needed.
- Family Swim - the pool is open to all (must follow highlighted age requirements listed above)
- Adult Open Swim - the pool is open to adults, ages 18 and older, only
- Only U.S. Coast Guard Approved swimming devices allowed.

THERAPY POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Family Swim 8:30 - 9 a.m.	Family Swim 8:30 - 9 a.m.	Family Swim 8:30 - 9 a.m.	Family Swim 8:30 - 9 a.m.	Family Swim 8:30 - 9 a.m.	Family Swim 8:30 - 9:15 a.m.	
Water Aerobics 9 - 9:45 a.m. Mary Jo Medium Intensity	Water Aerobics 9 - 9:45 a.m. Mary Jo Medium Intensity	Water Aerobics 9 - 9:45 a.m. Mary Jo Medium Intensity	Water Aerobics 9 - 9:45 a.m. Mary Jo Medium Intensity	Water Aerobics 9 - 10 a.m. Kathy Medium Intensity	Parent/Tot Swim Lessons \$\$\$ 9:15 - 9:45 a.m.	
	Water Abs Class 9:45 - 9:55 a.m. Mary Jo Low Intensity		Water Abs Class 9:45 - 9:55 a.m. Kathy Low Intensity		Preschool Swim Lessons \$\$\$ 10 - 10:45 a.m.	
Stretching, Flexibility and Relaxation 10 - 10:30 a.m. Pat Low Intensity	Water Aerobics 10 - 10:45 a.m. Mary Jo Medium Intensity	Stretching, Flexibility and Relaxation 10 - 10:30 a.m. Pat Low Intensity	Water Aerobics 10 - 10:45 a.m. Kathy Medium Intensity	Stretching, Flexibility and Relaxation 10 - 10:30 a.m. Kathy Medium Intensity	GUARD BREAK 10:45 - 11 a.m.	
Water Abs Class 10:30 - 10:55 a.m. Pat Low Intensity		Water Abs Class 10:30 - 10:55 a.m. Pat Low Intensity		Water Abs Class 10:30 - 10:55 a.m. Kathy		
Adult Open Swim 11 a.m. - 1 p.m.	Adult Open Swim 11 a.m. - 1 p.m.	Adult Open Swim 11 a.m. - 1 p.m.	AquaJoints 11 - 11:45 a.m. Kathy Low Intensity	AquaJoints 11 - 11:45 a.m. Kathy Low Intensity	Family Swim 11 a.m. - 3 p.m.	
Parent/Tot Swim Lessons \$\$\$ 11:15 - 11:45 a.m.		Parent/Tot Swim Lessons \$\$\$ 11:15 - 11:45 a.m.	Adult Open Swim 11:45 a.m. - 1 p.m.	Adult Open Swim 11:45 a.m. - 1 p.m.		Family Swim 12:30 - 3 p.m.
		KORT 12 p.m. - 2 p.m.			GUARD BREAK 3 - 3:15 p.m.	GUARD BREAK 3 - 3:15 p.m.
Family Swim 1 - 4:30 p.m.	POOL CLOSED 1 p.m. - 4 p.m.	Family Swim 1 - 4:30 p.m.	POOL CLOSED 1 p.m. - 4 p.m.	Family Swim 1 - 7:15 p.m.	Family Swim 3:15 - 4:45 p.m.	Family Swim 3:15 - 4:45 p.m.
Pump It Up 4:30 - 5:15 p.m. Pat Medium-High Intensity	Pump It Up 4:30 - 5:15 p.m. Pat Medium-High Intensity	Pump It Up 4:30 - 5:15 p.m. Pat Medium-High Intensity	Pump It Up 4:30 - 5:15 p.m. Pat Medium-High Intensity			
Deep Water Exercise Cheryl 5:30 - 6:15 p.m.	Preschool Swim Lessons \$\$\$ 5:30 - 6:15 p.m.	Deep Water Exercise Gloria 5:30 - 6:15 p.m.	Preschool Swim Lessons \$\$\$ 5:30 - 6:15 p.m.	Deep Water Exercise Cheryl 5:30 - 6:15 p.m.		
Family Swim 5:30 - 6:30 p.m.	Adult Open Swim 5:30 - 6:30 p.m.	Family Swim 5:30 - 6:30 p.m.	Adult Open Swim 5:30 - 6:30 p.m.			
AquaJoints 6:30 - 7:15 p.m. Pat Medium Intensity	AquaJoints 6:30 - 7:15 p.m. Pat Medium Intensity	AquaJoints 6:30 - 7:15 p.m. Pat Medium Intensity	AquaJoints 6:30 - 7:15 p.m. Pat Medium Intensity			
GUARD BREAK 7:30 - 7:45 p.m.	GUARD BREAK 7:30 - 7:45 p.m.	GUARD BREAK 7:30 - 7:45 p.m.	GUARD BREAK 7:30 - 7:45 p.m.	GUARD BREAK 7:30 - 7:45 p.m.		
Family Swim 7:45 - 8:45 p.m.	Family Swim 7:45 - 8:45 p.m.	Family Swim 7:45 - 8:45 p.m.	Family Swim 7:45 - 8:45 p.m.	Family Swim 7:45 - 8:45 p.m.		

In accordance with the YMCA of the USA Aquatic Safety guidelines and by recommendation of the National Weather Service and the National Lightning Safety Institute, the YMCA of Harrison County Aquatic Staff follows the following inclement weather procedure:

In the event that thunder is heard or lightning is seen, the pool and entire pool area must be closed, cleared and secured. Activity may resume thirty (30) minutes after the last observed lightning or thunder. This means if there is thunder after 27 minutes of suspended activity, the 30-minute clock starts all over again.