

Effective: January 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 accompanied by someone 16 or older, either in the pool with them or on the pool deck.
- 12 and under will need to complete a swim test as identified by the attending guard. Swimmers must be asked to wear a life jacket &/or be within reach of someone 16 or older in the shallow end of the pool.
- Each lap lane can accommodate up to 6 swimmers. Please be courteous and let other swimmers in the lane know you are entering.
- Classes listed \$\$ are paid classes.
- 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 will be allowed in pool.
- **Items listed in RED indicates there is no Family Swim space available.**
- **Lap lanes will be available for lap swimmers at all times, except during pool closures, guard breaks and Swim Meets.**

LAP POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Family Swim 5 a.m. - 12 p.m. CCHS Swim Team 6 a.m. - 7:30 a.m. Deep Water Exercise/Jogging 3 Lanes in Deep End High Intensity Pat 9 a.m. - 9:45 a.m. POOL CLOSED Noon - 4 p.m. NHHS Swim Team 4 p.m. - 5:30 p.m. Family Swim 4 p.m. - 7 p.m. Marlins Swim Team Beg. \$\$ 5:30 - 6 p.m. 4 lanes Marlins Swim Team Adv. \$\$ 5:30 p.m. - 7 p.m. 4 lanes Swim Lessons \$\$ Levels 1 - 4 6:30 - 7:15 p.m. GUARD BREAK 7 p.m. - 7:15 p.m. Lanesville Swim Team 7:15 - 8:45 p.m. Family Swim 7:15 - 8:45 p.m.	Family Swim 5 a.m. - 7 p.m. Deep Water Jogging 2 Lanes in Deep End Lisa Brown 5:15 - 6 a.m. CCHS Swim Team 6 a.m. - 7:30 a.m. NHHS Swim Team 4 p.m. - 5:30 p.m. CCHS Swim Meet 5 p.m. - 8 p.m. January 2 Marlins Swim Team Beg. \$\$ 5:30 - 6 p.m. 4 lanes Marlins Swim Team Adv. \$\$ 5:30 - 7 p.m. 4 lanes GUARD BREAK 7 p.m. - 7:15 p.m. Lanesville Swim Team 7:15 - 8:45 p.m. Family Swim 7:15 - 8:45 p.m.	Family Swim 5 a.m. - 12 p.m. CCHS Swim Team 6 a.m. - 7:30 a.m. Deep Water Exercise/Jogging 3 Lanes in Deep End High Intensity Pat 9 - 9:45 a.m. POOL CLOSED Noon - 4 p.m. NHHS Swim Team 4 p.m. - 5:30 p.m. Family Swim 4 p.m. - 7 p.m. Marlins Swim Team Adv. \$\$ 5:30 - 7 p.m. 4 lanes Marlins Swim Team Int. \$\$ 6:15 - 7 p.m. 4 lanes Swim Lessons \$\$ Levels 1 - 4 6:30 - 7:15 p.m. GUARD BREAK 7 p.m. - 7:15 p.m. Lanesville Swim Team 7:15 - 8:45 p.m. Family Swim 7:15 - 8:45 p.m.	Family Swim 5 a.m. - 7 p.m. CCHS Swim Team 6 a.m. - 7:30 a.m. NHHS Swim Team 4 p.m. - 5:30 p.m. CCHS Meet 5 p.m. - 8 p.m. January 11 NHHS Meet 5 p.m. - 8 p.m. January 18 Marlins Swim Team Adv. \$\$ 5:30 - 7 p.m. 4 lanes Marlins Swim Team Int. \$\$ 6:15 - 7 p.m. 4 lanes GUARD BREAK 7 p.m. - 7:15 p.m. Lanesville Swim Team 7:15 - 8:45 p.m. Family Swim 7:15 - 8:45 p.m.	Family Swim 5 a.m. - 12 p.m. Deep Water Jogging 2 Lanes in Deep End Lisa Brown 5:15 - 6 a.m. CCHS Swim Team 6 a.m. - 7:30 a.m. CCHS Swim Team 6 a.m. - 7:30 a.m. POOL CLOSED Noon - 4 p.m. NHHS Swim Team 4 p.m. - 5:30 p.m. Family Swim 4 p.m. - 7 p.m. Marlins Swim Team Adv. \$\$ 5:30 - 7 p.m. 4 lanes Marlins Swim Team Int. \$\$ 6:15 - 7 p.m. 4 lanes GUARD BREAK 7 p.m. - 7:15 p.m. Lanesville Swim Team 7:15 - 8:45 p.m. Family Swim 7:15 - 8:45 p.m.	Family Swim 7 a.m. - 10:45 a.m. Masters Swim Team 2 Lanes 8:30a.m. - 9:30a.m. GUARD BREAK 10:45 - 11 a.m. Beg./Int. Swim Lessons \$\$ 11 - 11:45 a.m. Family Swim 11 a.m. - 3 p.m. GUARD BREAK 3 p.m. - 3:15 p.m. Family Swim 3:15p.m. - 4:45p.m.	Family Swim noon - 3 p.m. GUARD BREAK 3 p.m. - 3:15 p.m. Family Swim 3:15 - 4:45 p.m. <p style="text-align: center;">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:</p> <p style="text-align: center;">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.</p>



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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- 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 - 11 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.	
Stretching, Flexibility and Relaxation 10 - 10:30 a.m. Pat Low Intensity	Water Abs Class 9:45 - 9:55 a.m. Mary Jo Low Intensity	Stretching, Flexibility and Relaxation 10 - 10:30 a.m. Pat Low Intensity	Water Abs Class 9:45 - 9:55 a.m. Kathy Low Intensity	Stretching, Flexibility and Relaxation 10 - 10:30 a.m. Kathy Medium Intensity	Preschool Swim Lessons \$\$\$ 10 - 10:45 a.m.	
Water Abs Class 10:30 - 10:55 a.m. Pat Low Intensity	Water Aerobics 10 - 10:45 a.m. Mary Jo Medium Intensity	Water Abs Class 10:30 - 10:55 a.m. Pat Low Intensity	Water Aerobics 10 - 10:45 a.m. Kathy Medium Intensity	Water Abs Class 10:30 - 10:55 a.m. Kathy	GUARD BREAK 10:45 - 11 a.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. -NEW-	Adult Open Swim 11:45 a.m. - 1 p.m.	Parent/Tot Swim Lessons \$\$\$ 11:15 - 11:45 a.m. -NEW-	Adult Open Swim 11:45 a.m. - 1 p.m.	Adult Open Swim 11 a.m. - 1 p.m.		Family Swim 12:30 - 4:45 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.	
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.		

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