



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OUTDOOR POOL SCHEDULE

AMERICANA YMCA

* All times are subject to change for programs & special events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am – 9:00am LAP/OPEN SWIM (ALL LANES)	5:30am– 9:00am LAP/OPEN SWIM (ALL LANES)	5:30am – 9:00am LAP/OPEN SWIM (ALL LANES)	5:30 am– 9:00am LAP/OPEN SWIM (ALL LANES)	5:30am–7:00pm LAP/OPEN SWIM (3 LANES)	8:00am - 4:00pm LAP/OPEN SWIM (ALL LANES)	1:00pm - 4:00pm LAP/OPEN SWIM (ALL LANES)
9:00am–12:00pm LAP/OPEN SWIM (3 LANES)	8:30am– 9:30am Wave walkers	9:00am–12:00am LAP/OPEN SWIM (3 LANES)	8:30am– 9:30am Wave Walkers	1:00pm–7:00pm ADULT LAP/ OPEN SWIM	11:30am – 12:30pm AQUA CORE-DIO	1:00 pm– 4:00pm FAMILY SWIM
11:30am– 12:30pm AQUA CORE-DIO	12:00 pm– 4:00pm LAP/OPEN SWIM (3 LANES)	11:30am–12:30pm AQUA CORE-DIO	12:00pm– 4:00pm LAP/OPEN SWIM (3 LANES)	11:30am– 12:30pm AQUA CORE-DIO	10:00am - 4:00pm FAMILY SWIM	
12:00pm–8:00pm ADULT LAP/OPEN SWIM	12:00pm – 8:00pm ADULT LAP/OPEN SWIM	12:00pm7:00pm ADULT LAP/OPEN SWIM 6:30pm–7:30pm AQUA ZUMBA	12:00pm– 8:00pm ADULT LAP/ OPEN SWIM		Pool & SPLASH PAD Close at 4:00	Pool & SPLASH PAD Close at 4:00

Pool Closes Daily at 8:00 pm Monday thru Thursday and Friday 7:00 pm

During program times, there will be at least one lap lane available for lap swimming.

Please familiarize yourself with all rules and policies.

SPLASH PAD SUMMER HOURS : Beginning May 19

Monday–Thursday 12pm–8pm

Saturdays 9am to 4pm

Fridays 12pm–7pm

Sundays 1pm to 4pm



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CLASS DESCRIPTIONS

Aqua Core-dio: A shallow water functional fitness class that provides core training and stretching using the buoyancy properties of the water as well the water's resistance. The goal of this class is to improve function for daily living and provide some cardio respiratory training.

Wave Walkers: A low intensity walking water class that implements periods of low impact walking with periods of high intensity jogging. With the combination of great music this class is great for beginners and even the more advanced persons.

Aqua Zumba: There is less impact on your joints during aqua Zumba class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss

SAFE POOLS HAVE RULES

1. Proper swim attire is required for pool use (swimsuit with a liner must be worn). No street clothes allowed.
2. No food, tobacco or glass containers allowed on the pool deck.
3. Only Coast Guard approved flotation devices (PFDs) are allowed. Any other types of flotation devices are prohibited during recreational swimming.
4. Any non-swimmer or child who cannot stand in water 3' 6" must be accompanied by parent or guardian in the pool (Within arm's reach).
5. If the child is 5 years old and younger, the parent must accompany the child in the pool.
6. Any child under 10 must be accompanied by parent or guardian in the pool area.
7. Any child 10 to 14 years must have a parent or guardian in the facility. Parent or guardian must sign in child with the lifeguard.
8. Children 15 years and older may be in the pool area without a parent.
9. **Children who have not reached their 4th birthday** must wear CDC approved pool pants "little swimmers" or pool diapers with vinyl/rubber or pants with a lining. Two layers of protection is required! *Pool pants available for purchase at the YMCA.*
10. All children under 12 years of age must be swim tested annually and wear a colored wristband to signify their skill level and ability. (Retesting is at the discretion of the lifeguard on duty)