



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

A.C. LEWIS YMCA

OUTDOOR POOL JULY 2018

- Y-USA standards for healthy lap swimming temperatures range from 78 – 82F.

When the outdoor pool temperature reaches 83F, the Lifeguards be turn on the Aerators to cool the pool and maintain proper chemical balance.

- Share the Pool! Multiple activities are often scheduled in this pool at the same time – see above schedule for details.

- Schedule is subject to change

- Inclement Weather - Under the discretion of management, both pools will be closed due to inclement weather or other hazardous conditions. When the environmental temperature is below 40F, the outdoor pool will be closed.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30-8:00am Open Swim (Lane 1) Lap Swim (Lanes 2-6)	5:30-8:00am Masters Swim (3 lanes) Lap Swim (3 Lanes)	5:30-8:00am Open Swim (Lane 1) Lap Swim (Lanes 2-6)	5:30-8:00am Masters Swim (3 Lanes) Lap Swim (3 Lanes)	5:30-8:00am Open Swim (Lane 1) Lap Swim (Lanes 2-6)	7:30-9:30am Master's Swim (3 Lanes) Lap Swim (3 Lanes)	
	8:00-11:00am Swim Lessons (Lanes 1-2) Open Swim (Lanes 3-6)	8:00-11:00am Swim Lessons (Lanes 1-2) Open Swim (Lanes 3-6)	8:00-11:00am Swim Lessons (Lanes 1-2) Open Swim (Lanes 3-6)	8:00-11:00am Swim Lessons (Lanes 1-2) Open Swim (Lanes 3-6)	8:00-11:00am Open Swim (Lane 1) Lap Swim (Lanes 2-6)	9:30-5:00pm Open Swim (Lane 1) Lap Swim (Lanes 2-6)	
	11:00-3:00pm Open Swim (Lane 1) Lap Swim (Lanes 2-6)	11:00-4:00pm Open Swim (Lane 1) Lap Swim (Lanes 2-6)	11:00-3:00pm Open Swim (Lane 1) Lap Swim (Lanes 2-6)	11:00-4:00pm Open Swim (Lane 1) Lap Swim (Lanes 2-6)	11:00-1:40pm Open Swim (Lane 1) Lap Swim (Lanes 2-6)		1:00-4:30pm Open/Family Swim (Lane 1) Lap Swim (Lanes 2-6)
					1:45-3:00pm Ai Chi (Lanes 1 & 2)		
	3:00-4:00pm Y Swim Team (Lane 1 & 2) Lap Swim (Lanes 3-6)		3:00-4:00pm Y Swim Team (Lanes 1 & 2) Lap Swim (Lanes 3-6)		3:00-4:00pm Pool Maintenance		
	4:00-8:00pm Swim Lessons (Lanes 1-2) Open Swim (Lanes 3-6)	4:00-8:00pm Swim Lessons (Lanes 1-2) Open Swim (Lanes 3-6)	4:00-8:00pm Swim Lessons (Lanes 1-2) Open Swim (Lanes 3-6)	4:00-8:00pm Swim Lessons (Lanes 1-2) Open Swim (Lanes 3-6)	4:00-7:30pm Open Swim (Lane 1) Lap Swim (Lanes 2-6)		

A. C. Lewis YMCA

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	POOL CLOSES at 8:00pm	POOL CLOSES at 8:00pm	POOL CLOSES at 8:00pm	POOL CLOSES at 8:00pm	POOL CLOSES at 7:30pm	POOL CLOSES at 5:30pm	POOL CLOSES at 4:30pm	
INDOOR POOL JULY 2018	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<ul style="list-style-type: none"> Pool closes Monday thru Friday from 12:30pm – 3:00pm for cleaning and maintenance. Share the Pool! Multiple activities are often scheduled in this pool at the same time – see above schedule for details. Schedule is subject to change Inclement Weather - Under the discretion of management, both pools will be closed due to inclement weather or other hazardous conditions. When the environmental temperature is below 40F, the outdoor pool will be closed. 	5:30-9:00am Lap Swim (Lane 1) Open Swim (pool)	5:30-9:00am Lap Swim (Lane 1) Open Swim (pool)	5:30-9:00am Lap Swim (Lane 1) Open Swim (pool)	5:30-9:00am Lap Swim (Lane 1) Open Swim (pool)	5:30-9:00am Lap Swim (Lane 1) Open Swim (pool)	7:30-5:30pm Lap Swim (Lane 1) Open Swim (pool)		
	9:00-10:00am Aqua Wellness Lap Swim (Lane 1) Open Swim (Deep End)	9:00-10:00am Aqua Blast (no Lap Swim) Open Swim (Deep End)	9:00-10:00am Aqua Wellness Lap Swim (Lane 1) Open Swim (Deep End)	9:00-10:00am Lap Swim (Lane 1) Open Swim (Deep End)	9:00-10:00am Lap Swim (Lane 1) Open Swim	9:00-10:00am Aqua Wellness Lap Swim (Lane 1) Open Swim (Deep End)		
	10:00-11:00am Aqua "Core" Dio (Shallow End) Open Swim (Deep End)	11:00-12:30pm Open Swim (Lane 1) Lap Swim	10:00-11:00am Aqua "Core" Dio (Shallow End) Open Swim (Deep End)			10:00-11:00am Aqua "Core" Dio (Shallow End) Open Swim (Deep End)		
	11:00-12:00pm Deep Water Fit with Patsy		11:00-12:00pm Deep Water Fit with Patsy	11:00-12:30pm Open Swim (Lane 1) Lap Swim	11:00-12:00pm Deep Water Fit with Patsy			1:00-4:30pm Lap Swim (Lane 1) Open Swim
	11:00-12:30pm Lap Swim (Lane 1) Open Swim (Shallow End)		11:00-12:30pm Lap Swim (Lane 1) Open Swim (Shallow End)			12:00-12:30pm Ai Chi with Kelli		
	3:00-5:30pm Lap Swim (Lane 1) Open Swim	3:00-5:30pm Lap Swim (Lane 1) Open Swim	3:00-5:30pm Lap Swim (Lane 1) Open Swim	3:00-5:30pm Lap Swim (Lane 1) Open Swim	3:00-5:30pm Lap Swim (Lane 1) Open Swim	3:00-5:30pm Lap Swim (Lane 1) Open Swim		
	5:30-6:30pm Deep Water Fit	5:30-6:30pm Deep Water Fit	5:30-6:30pm Deep Water Fit	6:00-7:00pm Aqua Blast Fit		5:30-6:30pm Deep Water Fit		

POOL CLOSES AT 8:00pm	POOL CLOSES AT 8:00pm	POOL CLOSES AT 8:00pm	POOL CLOSES AT 8:00pm	POOL CLOSES AT 7:30pm	POOL CLOSES AT 5:30pm	POOL CLOSES AT 4:30pm
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Aqua Blast : Just add water and shake! This is the low impact dance party for the ages! Come have fun and get a great workout –it a blast!

Aqua Core-dio: A shallow water functional fitness class that provides core training and stretching. The goal of this class is to improve function for daily living and provide some cardiorespiratory training.

Deep Water Fit: A deep water class designed to provide cardiorespiratory training, muscular strength and endurance and flexibility. Individuals with varying fitness levels can participate.

Aqua Wellness: Go with the flow! This class is designed to be easy on the joints while increasing strength, balance, and flexibility. Mind-body awareness and connection are achieved.

P.I.T (Pool Interval Training): Interval training is an effective high intensity workout through a variety of simple, yet intense exercises, each class is designed to blast away calories and provide noticeable results in a short amount of time! A combination of shallow and deep water will be utilized.

Water Workout: This class is designed for those with limited range of motion or other musculoskeletal concerns. Gentle stretches improve and reduce joint pain, while core strengthening moves improve posture and balance. Muscle toning and 10 minutes light, little to no impact.

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