



PARKWOOD YMCA POOL SCHEDULE July 1-31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-1:00pm Lap Swim (All Lanes)	6:00-8:45am Lap Swim (All Lanes)	6:00-8:45am Lap Swim (All Lanes)	6:00-8:45a Lap Swim (All Lanes)	6:00-12:45p Lap Swim (All Lanes)	7:00-9:30am Lap Swim (All Lanes)	7:00-11:30a Lap Swim (All Lanes)
	9:00-11:00am Water Aerobics	9:00-10:00am Water Aerobics	9:00-11:00am Water Aerobics		9:30-12:00pm 3 Lap Lanes 2 Lessons	
1:00-5:30pm Lap Swim (3 Lanes)	11:00-12:45pm Lap Swim (5 Lanes)	10-12:30pm Lap Swim 5 lanes	11:00-12:45pm Lap Swim (5 Lanes)	12:45-3:45pm Camp Swim	12:00-1:30pm 3 Lap Lanes 2 Lanes Family Swim	
Family Swim (2 Lanes)	12:45-3:45pm Camp Swim	12:30-3:30pm Camp Swim	12:45-3:45 Camp Swim	3:45-6:00pm Lap Swim (3 Lanes)		
5:30-7:00pm Lap Swim (3 Lanes)	3:45-5:30pm Lap Swim 4 Lanes	3:30-5:30pm Lap Swim 4 Lanes	3:45-5:30pm Lap Swim (3 Lanes)	3:45-6:00 Family Swim (2 Lanes)		
5:30-7:00pm Swim Lessons 2 Lanes	5:30-7:00 Lap Swim 1 Lane 4 Lanes Lesson	5:30-7:00 Lap Swim 2 Lanes 3 Lanes Lesson	3:45-5:30pm Family Swim (2 Lanes)			
	7:00-8:00 Swim Lessons 2 Lanes 3 Lanes Lap		5:30-7:15p Lap Swim (2 Lanes) Swim Lessons (3 Lanes)			

PARKWOOD YMCA AQUATIC INFORMATION

SWIM LESSONS

Next Registration August 21 for Members August 23 for non-members Classes Begin September 11th

LAP SWIM

We ask that all be respectful of others and share lanes as needed. Lap Swim is available for those ages 13 and up who are continuously swimming end to end.

YOUTH SWIMMERS

All swimmers under the age of 13 must take the YMCA swim test prior to entering the pool. The test consists of 1/2 length on their front, 1/2 on their back and ability to tread water for 30 seconds.

Ages 4 & under: Must have a parent in the water with the child.

Ages 5-8 years old: Must have parent in the water with the child

Ages 9-11 years old: Must have parent on the deck.

Children under 52 inches tall who are not being directly supervised by a parent will be required to wear a lifejacket.

Water Aerobics Tuesday, Thursday 9am-11:00am Wednesday 9:00-10:00am

All fitness levels are welcome, and no swimming ability is required. Enjoy an aerobic workout with less stress on your joints. A variety of cardiovascular moves make for a great total body workout in the water.

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