



# PARKWOOD YMCA POOL SCHEDULE October 1-31

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

## **PARKWOOD YMCA AQUATIC INFORMATION**

### **SWIM LESSONS**

Next Registration October 7th for Members @ 12p and October 9th for non-members @ 12pm Classes begin October 21st

### **LAP SWIM**

We ask that all be respectful of others and share lanes as needed. Lap Swim is available for those ages 12 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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