



PARKWOOD AQUATICS SCHEDULE

FOR OCTOBER 1-31

Date revised 10/7/24

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
6:00 AM	6:00 a.m.-5:30 p.m. Lap Swim (all lanes)	6:00-8:45 a.m. Lap Swim (all lanes)	6:00-8:45 a.m. Lap Swim (all lanes)	6:00-8:45 a.m. Lap Swim (all lanes)	6:00 a.m.-3:00 p.m. Lap Swim (all lanes)				
7:00 AM									
8:00 AM									
9:00 AM		9:00-11:00 a.m. Water Aerobics	9:00-10:00 a.m. Water Aerobics	9:00-11:00 a.m. Water Aerobics				7:00-11:00 a.m. Lap Swim (all lanes)	7:00-11:30 a.m. Lap Swim (all lanes)
10:00 AM									
11:00 AM		11:00 a.m.-5:30 p.m. Lap Swim (all lanes)	10:00 a.m.-4:45 p.m. Lap Swim (all lanes)	11:00 a.m.-5:30 p.m. Lap Swim (all lanes)				11:00 a.m.-2:00 p.m. Lap Swim (3 lanes) Family Swim (2 lanes)	11:30 a.m.-2:00 p.m. Family Swim
12:00 PM									
1:00 PM									
2:00 PM		5:30-6:30 p.m. Lap Swim (1 lane) Swim Lessons (4 lanes)	5:30-7:00 p.m. Lap Swim (1 lane) Swim Lessons (4 lanes)	4:45-7:00 p.m. Lap Swim (3 lanes) Swim Lessons (2 lanes)				5:30-7:00 p.m. Lap Swim (3 lanes) Swim Lessons (2 lanes)	3:00-6:00 p.m. Lap Swim (3 lanes) Family Swim (2 lanes)
3:00 PM									
4:00 PM									
5:00 PM	6:30-7:00 p.m. Lap Swim (3 lanes) Swim Lessons (2 lanes)	7:00-8:00 p.m. Lap Swim (3 lanes) Swim Lessons (2 lanes)							
6:00 PM									
7:00 PM									

PARKWOOD YMCA AQUATICS INFORMATION

Swim Lessons

Next Registration: October 7th (12:00 p.m.) for members; October 9th (12:00 p.m.) for non-members. Classes begin October 21st.

Lap Swim

We ask that all swimmers 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

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.