



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

ARMBRUST FAMILY YMCA

Effective August 2011– January 2012

Please Notice Time Changes

Family Recreation Pool

Times listed below are available for open swim

Sunday	11:00am—3:50pm
Monday	5:30am—5:30pm 6:30pm—9:00pm (Slide Closed 9:00-10:00am, 5:30-7:30pm)
Tuesday	5:30am—5:00pm (Slide Closed 9:00-10:00am)
Wednesday	5:30am—9:30pm (Slide Closed 9:00-10:00am, 5:30-7:30 pm)
Thursday	5:30am—5:00pm (Slide Closed 9:00-10:00am)
Friday	5:30am—9:30pm (Slide Closed 9:00-10:00am)
Saturday	12:00pm—4:00pm

Lap Pool

Times listed below are available for lap swim only.

Sunday	11:00am-4:00pm	3 Lanes
Monday	5:30am—9:00am 9:00am—10:15am 10:00am—5:30pm 5:30pm-7:30pm 7:30pm-9:30pm	3 Lanes 1 Lane 3 Lanes 1 Lane 3 Lanes
Tuesday	5:30am—9:00am 9:00am—10:15am 10:00am-4:30pm 4:30pm—8:00pm 8:00pm—9:30pm	3 Lanes 1 Lane 3 Lanes 0 Lanes 3 Lanes
Wednesday	5:30am—9:00am 9:00am—10:15am 10:00am-5:30pm 5:30pm—7:30pm 7:30pm—9:30pm	3 Lanes 1 Lane 3 Lanes 1 Lane 3 Lanes
Thursday	5:30am—9:00am 9:00am-10:15am 10:00am—4:30pm 4:30pm—8:00pm 8:00pm—9:30pm	3 Lanes 1 Lane 3 Lanes 0 Lanes 3 Lanes
Friday	5:30am—9:00am 9:00am—10:15am 10:00am-9:30pm	3 Lanes 1 Lanes 3 Lanes
Saturday	7:00am—8:00am 8:00am-8:50 am 9:00am—1:30pm 1:30pm-4:00pm	3 Lanes 2 Lanes 0 Lanes 3 Lanes

If your child is under the age of 8 please follow these guidelines:

- An adult (18 or older) in swim attire must remain in the same area of the pool at all times with children under 8.
- Ratio of 1 adult per 3 children under the age of 5. Adult must remain within arms distance of children
- A swim test must be taken by youth under the age of 18 in order to go past the rope or use the slide.

During times other than those listed above, the pool is closed for YMCA swim lessons, swim team, or water exercise classes. For information on these activities, please consult the YMCA Program Guide, or visit our Member Service Center.

Pool Rules

1. All patrons must shower before entering the pool.
2. No glass of any kind is allowed in the pool, on the deck, or in the locker room.
3. Smoking, eating, drinking, and chewing gum are prohibited in the pool area.
4. No swimming without lifeguard supervision.
5. Spitting, spouting of water, and blowing the nose in the pool are prohibited.
6. Persons with contagious diseases, open sores, infectious conditions, severe sunburn, abrasions or tape, bandages and or band-aids may not enter the pool.
7. No running or pushing on the pool deck. No intentional splashing or dunking in the pool.
8. Climbing up the mushroom is not allowed.
9. Abusive or foul language is not allowed.
10. No diving in any area of the pool.
11. Children under 8 years of age must be accompanied in the water by an adult/guardian.
12. No climbing, sitting, or standing on the handrail is allowed.
13. Do not swim directly under the slide.
14. The island is for lifeguards only.
15. Do not play with or touch any of the ropes.
16. Respect the lifeguards, they are here for your safety.
17. All swimmers 18 and under must pass the deep water test before using the slide or swimming in the lap lanes. Swim tests will only be conducted during rest breaks at ten until the hour.
18. All swimmers wishing to use the slide must also be at least four feet tall, according to manufacturers regulations.
19. Anyone not abiding by these rules may be asked to leave the premises.



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WATER AEROBICS SCHEDULE

ARMBRUST FAMILY YMCA FALL II SESSION 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Classes					
9:15—10:15am Aquacise Ellen	9:15-10:15am Aquacise Tracy	9:15—10:15am Aquacise Ellen	9:15—10:15am Aquacise Tracy	9:15—10:15am Aquacise Ellen	8:00-8:50am Water Surprise Michele
				10:15—11:00am Aqua Boot Camp Kelli *Starts Dec. 2nd	
PM Classes					
5:40-6:30 pm Aquacise Nancy		5:40-6:30 pm Aquacise Nancy			
6:40-7:30pm Deep Water Workout Emily		6:40-7:30 pm Deep Water Workout Nancy			

**Registration for classes begins October 10th for Members, October 14th for Non-Members
Classes run October 23rd- December 10th, 2011**

Cost:

	1 day/week	2days/week	3days/week
Members:	<i>Free</i>	<i>Free</i>	<i>Free</i>
Non-Members:	\$59	\$118	\$176



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Class Descriptions

Aquacise: This is an aerobic workout without traumatic impact to the joints. Results include increased muscular tone, flexibility, and cardiovascular endurance. No swimming experience required.

Deep Water Workout: A great workout with water belts. If you want a higher-intensity water workout with no impact on your joints, this is what you've been looking for. You must be comfortable in deep water.

Water Surprise: Shake it! See what's inside. This class is for all fitness levels. It incorporates a variety of water exercise techniques which combines aerobic conditioning and water toning.

Cost:

	1 day/week	2 days/week	3 days/week
Members:	Free	Free	Free
Non-Members:	\$59	\$118	\$176