



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

## MAPLE STREET YMCA

October 23-December 10, 2011

During times other than those listed below, 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 Welcome Center.

### Family and Open Swim Family swim is denoted with \*

Sunday	1:30-3:00 pm	3 lanes
Monday	3:00-5:00 pm	2 lanes
Tuesday	3:00-5:00 pm	2 lanes
Wednesday	3:00-5:00 pm *6:00-7:30 pm	2 lanes 3 lanes
Thursday	3:00-5:00 pm	2 lanes
Friday	3:00-5:00 pm *7:30-8:30 pm	2 lanes 4 lanes
Saturday	1:00-4:00 pm	3 lanes

### Water Walking and Deep Water Jogging

*ww = Water Walking      Deep = Deep Water Jogging*

Sunday	12:00-1:30 pm ww	2 lanes
Monday	8:00-10:15 am ww 10:15-11:00 am Deep	2 lanes Deep
Tuesday	8:00-10:15 am ww 10:15-11:00 am Deep	2 lanes Deep
Wednesday	8:00-10:15 am ww 10:15-11:00 am Deep 7:30-8:15 pm	2 lanes Deep Deep
Thursday	8:00-10:15 am ww 10:15-11:00 am Deep	2 lane Deep
Friday	8:00-10:15 am ww 10:15-11:00 am Deep	2 lanes Deep
Saturday	7:00-8:30 am ww 8:30-9:15 am	2 lanes Deep

### Senior Swim Monday-Friday 2:00-3:00 pm

Monday-Friday	2:00-3:00 pm	
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### Lap Pool

Sunday	12:00-1:30 pm 1:30-3:00 pm	2 lanes 1 lane
Monday	5:45-8:00 am 8:00-10:15 am 11:00 am-1:00 pm 2:00-3:00 pm 3:00-5:00 pm 8:15-9:00 pm	4 lanes 2 lanes 4 lanes 1 lane 2 lanes 4 lanes
Tuesday	5:45-8:00 am 8:00-10:15 am 11:00 am-2:00 pm 2:00-3:00 pm 3:00-5:00 pm 5:00-5:30 pm 8:30-9:00 pm	4 lanes 2 lanes 4 lanes 1 lane 2 lane 4 lanes 4 lanes
Wednesday	5:45-8:00 am 8:00-10:15 am 11:00 am-1:00 pm 2:00-3:00 pm 3:00-5:00 pm 5:00-6:00 pm 8:15-9:00 pm	4 lanes 2 lanes 4 lanes 1 lane 2 lanes 4 lanes 2 lanes
Thursday	5:45-8:00 am 8:00-10:15 am 11:00 am-1:00 pm 2:00-3:00 pm 3:00-5:00 pm 5:00-5:30 pm 8:00-9:00 pm	4 lanes 2 lanes 4 lanes 1 lane 2 lanes 1 lane 4 lanes
Friday	5:45-8:00 am 8:00-10:15 am 11:00-12:00 pm 12:00-2:00 pm 2:00-3:00 pm 3:00-5:00 pm 5:00-5:30 pm	4 lanes 2 lanes 2 lanes 4 lanes 1 lane 2 lanes 4 lanes
Saturday	7:00-8:30 am 12:00-1:00 pm 1:00-4:00 pm	2 lanes 4 lanes 1 lane



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# WATER EX SCHEDULE

## MAPLE STREET YMCA

October 23-December 10  
Schedule Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM Classes</b>					
					8:30-9:15 am <b>AquaZumba</b> Jill /Amy
10:15-11:00 am <b>Active Older Adults Aquacise</b> Catherine	10:15-11:00 am <b>Silver Splash</b> Catherine	10:15-11:00 am <b>Active Older Adults Aquacise</b> Toby	10:15-11:00 am <b>SilverSplash</b> Catherine	10:15-11:00 am <b>Active Older Adults Aquacise</b> Catherine	<b>Aqua Zumba Cancelled on November 26 for Burn the Bird.</b>
					<b>Party in Pink</b> on October 29— bring a donation to support the Susan G. Komen Foundation
<b>PM Classes</b>					
			5:00-5:45 on <b>Aqua Zumba</b> Jill		
7:30-8:15 pm <b>Aquacise</b> Catherine		7:30-8:15 pm <b>Aquacise</b> Anna			

**Cost:**

	1 day/week	2days/week	3days/week
Members:	Free	Free	Free
Nonmembers:	\$61	\$122	\$183

Session Dates      October 23-December 10



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# WATER EX SCHEDULE

MAPLE STREET YMCA

## Water Aerobics Class Descriptions

### Aquacise

**Mon Wed 7:30 pm**

Moderately high aerobics workout without traumatic impact to the joints. Develop increase muscular tone, and flexibility. No swimming experience required.

### Active Older Adults Aquacise

**Mon Wed Fri 10:15 am**

Low aerobics workout without traumatic impact to the joints. Develop increase muscular tone, and flexibility. No swimming experience required.

### SilverSplash®

**Tue Thu 10:15 am**

A fun aerobics class just for seniors. Combines moderate aerobics workout with flexibility, and muscular resistance.

### Aqua Zumba

**Sat 8:30 am**

**Thurs 5:00 pm**

Known as the Zumba® “pool party,” the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together



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# POOL SCHEDULE

## MAPLE STREET YMCA

Monday – Friday  
Saturday  
Sunday

5:45 a.m. – 9:00p.m (*Fridays close at 8:30pm*)  
7:00a.m. – 4:00 p.m.  
12:00 p.m. – 5:00 p.m.

*The pool may be closed for 10 minutes to allow the guard a break every 2 hours of shift.*

### Lap Swim and Water Walking Rules

During Lap Swim times and water walking times there will be a lane line dividing the pool into equal halves.

Swimmers age 17 and under must first take a deep water swim test. The pool must be cleared to take the test.

Lap Swimmers are welcome to use pull buoys, kickboards and water weights.

You may need to circle swim in there are many swimmers.

No underwater breath holding allowed.

### Family Swim Rules

Families must be in the pool together during Family Swim.

Children under the age of 8 years old must have an adult (18+) in the pool water with them.

Appropriate swim wear must be worn in the pool. Clothing is not allowed in the pool.

Anyone age 17 and younger must take a deep water swim test to swim in the deep end during open swim. After passing the test a bracelet must be worn while swimming and returned after swimming. Swim tests may only be taken during rest breaks and right when open swim starts.

Only Coast Guard approved flotation devices are allowed (life jackets). No water wings, inner tubes, or swim suits with flotation devices inside of them. Flotation devices are only to be used in the shallow water. Adults need to be in arms length of child using lifejacket if being used to assist swimming.

Noodles, lifejackets and balls may be used in the shallow water only. Diving rings may be used in the deep water.

### Deep Water Jogging

Deep end of pool available for jogging only.

### Open Swim Rules

Children under the age of 8 years old must have an adult (18+) in the pool water with them.

Appropriate swim wear must be worn in the pool. Clothing is not allowed in the pool.

Anyone age 17 and younger must take a deep water swim test to swim in the deep end during open swim. After passing the test a bracelet must be worn while swimming and returned after swimming. Swim tests may only be taken during rest breaks and right when open swim starts.

During open swim, the lifeguard may call a rest break every hour, if applicable.

Only Coast Guard approved life jackets are allowed. No water wings, inner tubes, or swim suits with flotation devices inside of them. Flotation devices are only to be used in the shallow water. Adults need to be in arms length of child using lifejacket if being used to assist swimming.

Noodles, lifejackets and balls may be used in the shallow water only. Diving rings may be used in the deep water.

No underwater breath holding allowed.

### Water Aerobics

Members may drop in. Please see the Water Aerobics flyer for classes and descriptions. Non-members must register. Ages 17 and under, must take a deep water swim test to participate in the deep water.

### Swim Lessons and Swim Team

Must pre-register for these programs, please see flyers.

### Senior Swim

For Seniors only. Pool is open for seniors to swim, exercise, or shoot hoops in the Pool Shot basketball hoop.