



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

NEOSHO FREEMAN FAMILY YMCA – 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM-8:00PM Open Swim	5:30am-8:00pm Open Swim	5:30am-8:00pm Open Swim	5:30am-8:00pm Open Swim	5:30am-8:00pm Open Swim		
8:30-9:30am Aqua Beat	8:30-9:30am Aquacise	8:30-9:30am Aqua Beat	8:30-9:30am Aquacise	8:30-9:30am Aqua Beat	Birthday Parties Scheduled on Saturdays 11-1 Or 2-4 pm	Birthday Parties Scheduled 2-4pm
	9:00-9:30am Swim Lessons		9:00-9:30am Swim Lessons	9:30-10:30am Water Volleyball		
9:45-10:30am Joints in Motion	9:45-10:30am Joints in Motion	9:45-10:30am Joints in Motion	9:45-10:30 Joints in Motion			
10:30-11:30am H <sub>2</sub> O Combo		10:30-11:30am H <sub>2</sub> O Combo		10:30-11:30 H <sub>2</sub> O Combo	11:00-11:30am Parent/Child Swim Lessons	
2:00-2:30pm Preschool	2:00-2:30pm Preschool	2:00-2:30pm Preschool	2:00-2:30pm Preschool		11:00-4:00pm Open Swim	
	4:15-4:45 After-School Swim	4:15-4:45 After-School Swim	4:15-4:45 After-School Swim			1:30- 4:30pm Open Swim
5:30-7:00pm Water Volleyball	5:30-7:00pm Swim Lessons	5:30-7:00pm Water Volleyball	5:30-7:00pm Swim Lessons			
	6:00-7:00pm H <sub>2</sub> O Combo		6:00-7:00pm H <sub>2</sub> O Combo			

## WATER FITNESS CLASSES

- **H<sub>2</sub>O Combo:** A full body extreme cardio and strength workout-in the water!
- **Joints in Motion:** Specific to those suffering from arthritis or other discomfort, this class is a low intensity class designed to increase flexibility and strength.
- **Silver Splash:** Designed to enhance cardiovascular fitness, balance, coordination, agility, and range of motion.
- **Aqua Beat:** A low impact water fitness class incorporating Music and Rhythms to your workout.
- **Aquacise:** A low impact water fitness class
- **Water Volleyball:** A fun and exciting game for all ages!

(Turn Over)

Lap Swimming

To avoid accidents when entering an occupied lane, please get the first swimmers acknowledgement that you are there. Please get kickboards, pull buoys, etc. before entering the pool.

**Directions:** If there are 1 or 2 swimmers in a lane, they may elect to slit the lane in half. The entrance of a third person immediately changes the lane to “circle” swimming format.

**Speed:** Please choose a lane with swimmers of the same swim pace.

### **POOL RULES:**

- Any child under age 8 must be accompanied by an adult (ages 16 years or older) in the water with child.
- Children ages 8-11 may use the pool as long as a parent is in the YMCA building.
- Non-Swimmers must stay in shallow water. (Swimmers must take a swim test to swim in deep water, to be eligible swimmers must swim on length of the pool without assistance. Swimmers may be asked to take swim test more than once when a new guard is on duty.)
- Walk, NO RUNNING!!
- Pushing and rough play is prohibited.
- Marked lanes are for lap swimming and walking only.
- Must be lap swimming to stay in lap lanes.
- When designated areas in the shallow end, or deep end are being used for specific classes, these areas are closed to all non-participants.
- No diving, flips, or back dives off pool deck or jumping blocks.
- No climbing on or sitting below guard towers.
- No climbing on, sitting, standing or playing on walls.
- No climbing on, sitting or swimming under or playing on ramp and rails
- Breath holding and prolonged underwater swimming is prohibited.
- Emergency equipment is for lifeguard use only.
- No glass objects, food, gum or beverages other than water are allowed in pool area, locker rooms or showers.
- Everyone MUST wear a swimsuit. Cut-offs, see through clothing, and diapers are not permitted in the pool. In case of items of clothing in question, the lifeguard on duty shall make the final decision.
- **A SHOWER MUST BE TAKEN BEFORE ENTERING THE POOL.**
- Please use lockers to store personal belongings neatly out of the way.
- Persons with communicable diseases must NOT enter the pool.
- Barbells, kickboards, pull buoys, and fins shall be used in the lap lanes and swimming classes only.
- No PDA (Personal display of affection) of any type including kissing, hugging, and close bodily contact.
- Lifeguard drills may be held at random. You may be asked to clear the pool for short periods of time.
- The Lifeguard is there for your protection and is not to be distracted from duties by conversation.
- **THE LIFEGUARD ON DUTY HAS THE FINAL AUTHORITY.**
- **For Questions please call Lisa Sedillos-Aquatics Director**

Neosho Freeman Family YMCA  
417-455-9999