



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

NEOSHO FREEMAN FAMILY YMCA – Summer 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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		
9:00-9:30am Swim Lessons	9:00-9:30am Swim Lessons	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	9:45-10:30am Joints in Motion			
10:30-11:30am H2O Combo	10:30-11:15am Silver Splash	10:30-11:30am H2O Combo	10:30-11:15am Silver Splash	10:30-11:30am H2O Combo		
12:30-2:00pm Day Camp	11:00am-4:00pm Open Swim					
2:00-2:30pm Preschool	2:00-2:30pm Preschool	2:00-2:30pm Preschool	2:00-2:30pm Preschool	2:00-2:30pm Preschool		1:30-4:30pm Open Swim
5:30-7:00pm Swim Lessons	5:30-7:00pm Swim Lessons	5:30-7:00pm Swim Lessons	5:30-7:00pm Swim Lessons			

WATER FITNESS CLASSES

- **H2O 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.

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 on Backside)

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 one length of the pool without assistance.)
- Walk, NO RUNNING!
- Pushing and Rough play is prohibited.
- Do not hand on lane ropes, ladders, or sit on steps.
- Marked lanes are for lap swimming and walking only.
- When designated areas in the shallow end are being used for specific classes, these areas are closed to non-participants.
- No diving, flips, or back dives off pool deck.
- 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 rails
- Breath holding and prolonged underwater swimming is prohibited.
- Emergency equipment is for lifeguard use only.
- No glass objects, food, gum or beverages allowed in pool area, locker rooms or showers.
- Everyone must wear a swimsuit. Cut-offs, see through clothes, and diapers are not permitted in the pool. In case of items of clothing in questions, the lifeguard on duty shall make the final decision.
- A shower must be taken before entering the pool.
- Please use a locker 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.
- 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.**

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