

North Area Family YMCA Water Fitness Schedule

December 23 – February 18, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Classes	8:00 – 9:00 AM Aqua Arthritis Vivian	8:15- 9:00 AM Stretch & Tone Dixie	8:00 – 9:00 AM Aqua Arthritis Vivian	8:15- 9:00 AM Stretch & Tone Dixie	8:00 – 9:00 AM Aqua Arthritis Vivian	8:00- 9:00 AM Deep Water Fitness Mary-Ellen
	9:00- 10:00 AM Deep Water Fitness Joslyn Shallow Water Aerobics (2 nd , 4 th & 5 th Mondays) Dixie AQUA ZUMBA (1 st & 3 rd Mondays) Kinyorda	9:00- 10:00 AM Deep Water Fitness Lorraine Shallow Water Aerobics Joslyn	9:00- 10:00 AM Deep Water Fitness Deb 9:00-9:45 SilverSplash Shelly	9:00- 10:00 AM Deep Water Fitness Lorraine Shallow Water Aerobics Dixie	9:00-10:00 AM Aqua Combo Joslyn	8:00- 9:00 AM Stretch & Tone Angie
	10:00-10:30 AM Aqua Abs Joslyn	10:00-11:00 AM Prenatal Water Fitness Joslyn	10:00-10:30 AM Aqua Abs Deb	10:00-11:00 AM Prenatal Water Fitness Joslyn	10:00- 10:30 Aqua Abs Joslyn	
	11:00 – 11:30 Intense Aqua Intervals Joslyn		11:00 – 11:30 Intense Aqua Intervals Deb	10:00 – 11:00AM Deep Water Running Deb		
	11:30PM-12:30 PM Water Yoga Joslyn		11:30-12:30PM Forever Fit Deb	11:00-11:30 Aqua Abs Deb	11:00-12:00PM Stretch & Tone Sheryl D.	
	7:30PM-8:30 PM Deep Water fitness Mary-Ellen	7:30 PM-8:30 PM Deep Water Fitness Mary-Ellen			5:30 PM-6:30 PM Deep Water Fitness Rotating	

All participants subject to swim test
Children within arms reach of a parent at all times
No diving in less than 9 feet of water
No breath holding activities
The lifeguard has the FINAL AUTHORITY in any situation

General Rules

At times of high bather load, admission to the pool may be limited- Pool Capacity is 107

Remove shoes when on the pool deck

Shower before entering the pool

Diapers are not allowed in the pool. Non-toilet trained swimmers must wear rubber pants over swimming diaper

Pollution of swimming pool prohibited: urinating, discharge of fecal matter, expectorating (spitting), or blowing the nose in the pool is prohibited

Remove bandages and metal hair clips before entering pool

Do not bring food, drink, glass containers, or gum into the pool area

No running or horseplay

No jumping or diving in the shallow end of the pool

No playing on ladders; Starting blocks are for swim team & swim lessons only

No hanging on safety ropes

Look up immediately when the lifeguard's whistle is blown

Only US Coast Guard floatation devices may be worn in the pool, with the following exceptions

⊙ Participants may use "bubbles" during Open Swim

⊙ Adults may use floatation belts during Open Swim

⊙ No floatation devices are allowed in the deep end except for belts used by adults

All children 3.5 feet or less at the shoulder or that use any floatation aid to swim must be accompanied by an adult in the water. Adult must be in arm's reaching in the pool at all times.

All children under age 8 must be supervised by an adult in the pool area

Please leave personal pool play equipment at home; we have noodles and beach balls.

All participants who want to swim in the deep end must pass the following test:

⊙ Swim 25 yards of front crawl or paddle stroke with head above the water then tread water for 30 Seconds (without any type of PFD, IFD, or assistance)

Remember- The lifeguard has the authority to judge the abilities of any swimmer who wants to swim in the deep end.

Feet first jumping permitted from the sides of the deep end between the lifeline and the backstroke flags

Front standing dives only- no flips, cannonballs, jackknives, etc.

Exit to the side immediately after diving- past the backstroke flags

Lap lanes must be used for continuous swimming only

Circle swim to the right when there are 3 or more swimmers in a lane. Pass only to the left at the end of lanes; Allow faster swimmers to pass

Look before turning; check ahead and behind before passing lane time may be limited to 30 minutes in the event of high traffic

Kickboards, pull-buoys, and flippers may be used in lap lanes

Wear appropriate swim attire; gym shorts, cut-offs, or street clothes are not permitted in pool

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