

# North Area Family YMCA Water Fitness Schedule

## June 24<sup>th</sup> 2010– Aug 21<sup>st</sup> 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Classes	7:45– 8:30 AM <b>Aqua Arthritis</b> Vivian	7:45–8:30 <b>Stretch &amp; Tone</b> Marie	7:45–8:30 AM <b>Aqua Arthritis</b> Various	8:15– 9:00 AM <b>Stretch &amp; Tone</b> Dixie	7:45 – 8:30 AM <b>Aqua Arthritis</b> Vivian	8:00– 9:00 AM <b>Deep Water Fitness</b> Mary-Ellen
	8:30–9:30 AM <b>Deep Water Fitness</b> Joslyn <b>Shallow Water Aerobics</b> Dixie	8:30–9:30 AM <b>Deep Water Fitness</b> Lorraine <b>Shallow Water Aerobics</b> Joslyn	8:30–9:30 AM <b>Deep Water Fitness</b> Holly <b>Silver Splash</b> Shelly	9:00– 10:00 AM <b>Deep Water Fitness</b> Lorraine <b>Shallow Water Aerobics</b> Dixie	8:30–9:30 AM <b>Aqua Combo</b> Joslyn	8:00- 9:00 AM <b>SilverSplash</b> Ginny
				10:00–11:00 AM <b>Prenatal Water Fitness</b> Joslyn		
	11:30–12:30 PM <b>Aqua Yoga</b> Joslyn		11:30–12:30 PM <b>Stretch &amp; Tone</b> Kelly		11:30–12:30 PM <b>Stretch &amp; Tone</b> Sheryl	
	7:30PM–8:30 PM <b>Aqua Combo</b> Various	7:30 PM–8:30 PM <b>Deep Water Fitness</b> Mary-Ellen			5:30 PM–6:30 PM <b>Deep Water Fitness</b> Various	

- 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