



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL POOL SCHEDULE

SEPTEMBER 14 - NOVEMBER 1, 2015 (SCHEDULE SUBJECT TO CHANGE)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5 - 8am <b>LAP</b>	5 - 8am <b>LAP</b>	5 - 8am <b>LAP</b>	5 - 8am <b>LAP</b>	5 - 8am <b>LAP</b>	6 - 8am <b>LAP</b>	
	8:10 - 9am Deep H <sub>2</sub> O	8:10 - 9am SilverSplash®	8:10 - 9am Deep H <sub>2</sub> O	8:10 - 9am SilverSplash®	8:10 - 9am Deep H <sub>2</sub> O	8 - 10am DRAGONS	8am - 5:30pm <b>LAP</b>
	9:10 - 10am Poolates	9:10 - 10am Power Music	9:10 - 10am Poolates	9:10 - 10am Power Music	9:10 - 10am Poolates	8 - 9:30am PRESCHOOL PLAY	8:30 - 10:30am PRESCHOOL PLAY
	8 am - 1pm PRESCHOOL PLAY	8 am - 9am PRESCHOOL PLAY		8 am - 11am PRESCHOOL PLAY	9:30 - 12pm PRESCHOOL PLAY	8:10 - 9 am Aqua Zumba	10:30 - 1pm <b>OPEN</b>
		9:25 - 9:45 & 10:45 - 11:15 Water Wonders & Creative Play	8:30 a - 12:10pm LESSONS			9:15 - 12:10pm LESSONS	11:15a - 2:10p LESSONS
	10:10 - 11am Water Workout	9:15 - 11:25am LESSONS	10:10 - 11am Water Workout	11am - 1pm PROVIDENCE THERAPY	10:10 - 11am Water Workout	12 - 1pm & 3 - 4pm BIRTHDAYS	1 - 2pm BIRTHDAYS
	11:05 - 11:55am Arthritis Exercise	10:30am - 3pm <b>LAP</b>	11:05 - 11:55am Arthritis Exercise	10:30am - 3pm <b>LAP</b>	11:05 - 11:55am Arthritis Exercise		2 - 5:30pm <b>FAMILY</b>
	12 - 3pm <b>LAP</b>		12 - 3pm <b>LAP</b>		12 - 3pm <b>LAP</b>	12:15 - 6:30pm <b>LAP</b>	
	1 - 3pm <b>OPEN</b>	1 - 3pm <b>OPEN</b>	1 - 3pm <b>OPEN</b>	1 - 3pm <b>OPEN</b>	12 - 4pm <b>OPEN</b>	1 - 3pm <b>OPEN</b>	
		1:15 - 2:15pm HSPE		1:15 - 2:15pm HSPE	4 - 5pm CDC		
	3:30 - 6:45pm DRAGONS	3:30 - 6:15pm DRAGONS	3:30 - 6:45pm DRAGONS	3:30 - 6:45pm DRAGONS	3:30 - 6:45pm DRAGONS	4 - 6:30pm <b>FAMILY</b>	
	3 - 6:40 pm LESSONS	3 - 6:40 pm LESSONS	3 - 6:40pm LESSONS	3 - 6:40pm LESSONS		<p><b>There are a lot of various activities and classes in our pool at the same time.</b></p> <p><b>Please put into practice our core principles into everything you do and say here at the Sherwood YMCA.</b></p> <p><b>Our Core Values: Love, Respect, Honesty, Responsibility &amp; Service</b></p>	
	5 - 5:45pm FUN CLUB		5 - 5:45pm FUN CLUB		5 - 5:45pm FUN CLUB		
	6:45 - 7:30pm MINI-DRAGONS	6 - 6:50pm Pre/Post-Natal Water Fitness	6:45 - 7:30pm MINI-DRAGONS	6 - 6:50pm Pre/Post-Natal Water Fitness			
		7:00- 7:55pm Aquafit					
	7 - 9pm <b>LAP</b>	8 - 9pm <b>LAP</b>	7 - 9pm <b>LAP</b>	7 - 9pm <b>LAP</b>	6:45 - 8:30pm <b>LAP</b>		
	7 - 9pm <b>FAMILY</b>	7 - 9pm <b>OPEN</b>	7 - 9pm <b>FAMILY</b>	7 - 9pm <b>OPEN</b>	5:45 - 8:20pm <b>FAMILY</b>		

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**LEGEND**  
CDC: CHILD CARE USAGE  
DRAGONS: YMCA SWIM TEAM  
FAMILY: FAMILY SWIM  
HSPE: HOME-SCHOOL PE  
OPEN: OPEN SWIM



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# POOL GUIDELINES AND CLASS DESCRIPTIONS

## MULTIPLE ACTIVITIES ARE SCHEDULED IN THIS POOL AT THE SAME TIME

### GENERAL POOL RULES

- Parents or guardians must stay within arms reach of children 7 years and under.
- We only permit Coast Guard approved flotation devices. Water wings, float suits and noodles are prohibited. Ask an aquatics staff for more detail.
- Everyone must shower before entering the pool.
- Proper swim attire is required. No water absorbent materials or loose clothing.
- Please walk on the pool deck and in the shallow water.
- No diving.
- No sitting on fountains.
- **Non-potty trained children must use a reusable, plastic diaper.**

### SLIDE RULES

- The slide may be closed or not opened if the pool is at capacity or there is not enough lifeguards.
- Swimmers must be taller than 48" or pass a swim test to ride solo.
- Swimmers can ride on parent/guardian's lap if does not pass swim test or height requirement.
- Swimmers may not be caught at bottom of slide.

### SWIM OPTIONS

**PRE-SCHOOL PLAY:** Open to parents with children 6 years and under.

**OPEN SWIM:** Children **under 8** must be accompanied by an adult (18+) in the water.

**FAMILY SWIM:** Children **under 18** must be accompanied by an adult (18+) in the water.

**LAP SWIM:** Children and in-experienced swimmers must be swim tested before attending Lap Swim.

**COMMUNITY SWIM:** Pool opened to all in the community during: **Pre-school Play, Open / Family / Lap Swim.**

- 1st Friday / 3rd Saturday of every month

**SWIM LESSONS:** Available for all. Registration required. For more info, talk to Welcome Center.

**WATER FITNESS CLASSES:** Free for members. Drop-in rate for non-members. Equipment is provided.

- **ARTHRITIS EXERCISE:** This certified fitness class allows you to exercise without putting excess strain on your joints and muscles with a certified instructor.
- **AQUAFIT:** An intense class with deep/shallow water elements with aerobic exercise and strength components.
- **AQUA ZUMBA®:** Blends traditional aquatic fitness with a workout that's cardio conditioning, body-toning, and most of all, exhilarating beyond belief.
- **DEEP H2O:** Ideal for those seeking a low-impact class, however, you should be comfortable in deep water.
- **POOLATES:** Improve your core strength and balance with a Pilates/Yoga mix.
- **POWER MUSIC:** Build strength, stamina, flexibility, range of motion, cardio workout, coordination and balance. This high intensity class is set to music.
- **PRE/POST NATAL:** A medically approved program for stretching, muscle toning and aerobic activities.
- **SILVERSPLASH:** A fun, shallow water class to improve agility and flexibility while addressing cardio, strength and endurance conditioning. **SilverSneakers Class.**