



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Americana Autumn 2018 Pool Schedule

Effective: 8/1/2018

* All times are subject to change for programs & special events

Time:	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1
SUNDAY						
1:00-4:00	Lap Swim			Open Swim		
MONDAY						
5:30-11:30	Lap Swim			Open Swim		
11:30-12:30	Lap Swim			Aqua Cardio		
12:30-4:00	Lap Swim			Open Swim		
4:00-5:15	WF Swim Team				Open Swim	
5:15-8:00	Lap Swim				Aqua Core-Dio	
TUESDAY						
4:00-5:15	WF Swim Team				Open Swim	
5:15-8:00	Lap Swim				Aqua Core-Dio	
WEDNESDAY						
5:30-11:30	Lap Swim			Open Swim		
11:30-12:30	Lap Swim			Aqua Cardio		
12:30-4:00	Lap Swim			Open Swim		
4:00-5:15	WF Swim Team				Open Swim	
5:15-8:00	Lap Swim				Aqua Core-Dio	
THURSDAY						
4:00-5:15	WF Swim Team				Open Swim	
5:15-8:00	Lap Swim				Aqua Core-Dio	
FRIDAY						
5:30-11:30	Lap Swim			Open Swim		
11:30-12:30	Lap Swim			Aqua Cardio		
12:30-4:00	Lap Swim			Open Swim		
4:00-5:15	WF Swim Team				Open Swim	
5:15-7:00	Lap Swim				Aqua Core-Dio	
SATURDAY						
8:00-4:00	Lap Swim			Open Swim		

Pavilion



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CLASS DESCRIPTIONS

Aqua Fit: A shallow water fitness class which is designed to meet the needs of individuals with varying fitness levels. This class provides cardio respiratory, muscular strength and flexibility training through the properties of water and resistance equipment.

Aqua Core-dio: A shallow water functional fitness class that provides core training and stretching using the buoyancy properties of the water as well the water's resistance. The goal of this class is to improve function for daily living and provide some cardio respiratory training.

Deep Water Aerobics Use the water's natural resistance to increase cardiovascular endurance and strengthen and tone major muscle groups. A workout for those comfortable in deep water, it's the perfect cross-training regimen. Float belts are provided.

Aqua Zumba: There is less impact on your joints during aqua Zumba class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss

SAFE POOLS HAVE RULES

1. Proper swim attire is required for pool use (swimsuit with a liner must be worn). No street clothes allowed.
2. No food, tobacco or glass containers allowed on the pool deck.
3. Only Coast Guard approved flotation devices (PFDs) are allowed. Any other types of flotation devices are prohibited during recreational swimming.
4. Any non-swimmer or child who cannot stand in water 3' 6" must be accompanied by parent or guardian in the pool (Within arm's reach).
5. If the child is 5 years old and younger, the parent must accompany the child in the pool.
6. Any child under 10 must be accompanied by parent or guardian in the pool area.
7. Any child 10 to 14 years must have a parent or guardian in the facility. Parent or guardian must sign in child with the lifeguard.
8. Children 15 years and older may be in the pool area without a parent.
9. **Children who have not reached their 4th birthday** must wear CDC approved pool pants "little swimmers" or pool diapers with vinyl/rubber or pants with a lining. Two layers of protection is required!
Pool pants available for purchase at the YMCA.
10. All children under 12 years of age must be swim tested annually and wear a colored wristband to signify their skill level and ability. (Retesting is at the discretion of the lifeguard on duty)