



# Concord Family YMCA ~ POOL Schedule Mar 5–Jun 16, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5-6am</b> 4 lanes LAPS <hr/> <b>6am-7am</b> 2 Lanes Masters 2 lanes Laps <hr/> <b>7-8:25am</b> 4 lanes Laps	<b>5-8:25am</b> 4 lanes LAPS <hr/> <b>8:30-9:15am</b> 4 lanes Deep End - H2O Aerobics <hr/> <b>8:30-9:00am</b> Shallow End - ADULT EXERCISE	<b>5-6am</b> 4 lanes LAPS <hr/> <b>6am-7am</b> 2 Lanes Masters 2 lanes Laps <hr/> <b>7-8:25am</b> 4 lanes Laps	<b>5-8:25am</b> 4 lanes LAPS <hr/> <b>8:30-9:15am</b> 4 lanes Deep End - H2O Aerobics <hr/> <b>8:30-9:00am</b> Shallow End - ADULT EXERCISE	<b>5-6am</b> 4 lanes LAPS <hr/> <b>6am-7am</b> 2 Lanes Masters 2 lanes Laps <hr/> <b>7-8:25am</b> 4 lanes Laps	<b>Open at 7am</b>  <b>7- 8:25 am</b> 4 lanes Tri / Masters swim	Closed
<b>8:30-9:15am</b> 4 lanes H2O Aerobics <hr/> <b>9:15 - 11 am</b> 2 lanes PROGRAMS <hr/> <b>9:15 - 11 am</b> 1 lane LAPS 1 lane FAMILY SWIM <hr/> <b>11-11:45am</b> 3 lanes PROGRAMS <hr/> <b>11-11:45am</b> 1 lane laps	<b>8:30-9:15am</b> 4 lanes Deep End - H2O Aerobics <hr/> <b>8:30-9:00am</b> Shallow End - ADULT EXERCISE <hr/> <b>9:15 - 11 am</b> 2 lanes PROGRAMS <hr/> <b>9:15- 11 am</b> 1 lane LAPS 1 lane FAMILY SWIM <hr/> <b>11-11:45 am</b> 4 lanes PROGRAMS	<b>8:30-9:15am</b> 4 lanes Splash Dance <hr/> <b>9:15 - 11 am</b> 2 lanes PROGRAMS <hr/> <b>9:15 - 11 am</b> 1 lane LAPS 1 lane FAMILY SWIM <hr/> <b>11-11:45am</b> 3 lanes PROGRAMS <hr/> <b>11-11:45am</b> 1 lane laps	<b>8:30-9:15am</b> 4 lanes Deep End - H2O Aerobics <hr/> <b>9:15 - 11 am</b> 2 lanes PROGRAMS <hr/> <b>9:15 - 11 am</b> 1 lane LAPS 1 lane FAMILY SWIM <hr/> <b>11-11:45 am</b> 4 lanes PROGRAMS	<b>8:30-9:15am</b> 4 lanes H2O Aerobics <hr/> <b>9:15 - 11 am</b> 2 lanes PROGRAMS <hr/> <b>9:15 - 11 am</b> 1 lane LAPS 1 lane FAMILY SWIM <hr/> <b>11-11:45am</b> 3 lanes PROGRAMS <hr/> <b>11-11:45am</b> 1 lane laps	<b>8:30-9:15am</b> 4 lanes H2O Aerobics <hr/> <b>9:15 -12:15 pm</b> 4 lanes PROGRAMS	<b>Closed</b>  <b>Open at 9 am</b>  <b>9-10 am</b> 2 lanes LAPS <hr/> <b>9-10 am</b> 2 lanes Special Olympics
<b>11:45-2 pm</b> 4 lanes LAPS <hr/> <b>2-3pm</b> 2 lanes LAPS <hr/> 2 lanes ADULT EXERCISE	<b>11:45-2pm</b> 4 lanes LAPS <hr/> <b>2-3 pm</b> 2 lanes LAPS <hr/> 2 lanes ADULT EXERCISE	<b>11:45-2pm</b> 4 lanes LAPS <hr/> <b>2-3 pm</b> 2 lanes LAPS <hr/> 2 lanes ADULT EXERCISE	<b>11:45-2pm</b> 4 lanes LAPS <hr/> <b>2-3 pm</b> 2 lanes LAPS <hr/> 2 lanes ADULT EXERCISE	<b>11:45-2pm</b> 4 lanes LAPS <hr/> <b>2-3 pm</b> 2 lanes LAPS <hr/> 2 lanes ADULT EXERCISE	<b>12:15-2pm</b> 4 lanes LAPS <hr/> <b>2-3pm</b> 3 lanes FAMILY SWIM <hr/> 1 lane Programs	<b>10- 2pm</b> 4 lanes LAPS <hr/> <b>2-3pm</b> 3 lanes FAMILY Swim <hr/> 1 Lane Programs
<b>3-4 pm</b> 2 lanes FAMILY SWIM <hr/> 3 - 5 pm 2 Lanes PROGRAMS <hr/> 4 - 5 pm 2 Lanes SWIM TEAM	<b>3-4 pm</b> 2 Lanes FAMILY SWIM <hr/> <b>3-5pm</b> 2 Lanes PROGRAMS <hr/> <b>4 - 5 pm</b> 2 Lanes SWIM TEAM	<b>3- 4 pm</b> 2 Lanes KYDSTOP & CDC AFTER KINDERGARDEN <hr/> <b>3 - 5 pm</b> 2 Lanes PROGRAMS <hr/> <b>4 - 5 pm</b> 2 Lanes SWIM TEAM	<b>3-4 pm</b> 2 Lanes FAMILY SWIM <hr/> <b>3-5pm</b> 2 Lanes PROGRAMS <hr/> <b>4 - 5 pm</b> 2 Lanes SWIM TEAM	<b>3-4:45 pm</b> KYDSTOP (Ending at 4:45PM) 2 lanes <hr/> 2 lanes Laps <hr/> <b>4 - 5 pm</b> 2 Lanes SWIM TEAM	<b>3-5:30pm</b> 4 lanes FAMILY SWIM (Shared with Birthday parties) <hr/> 5-5:45pm Birthday parties (shared with family swim)	<b>3-5:30pm</b> 4 lanes FAMILY SWIM (Shared with Birthday parties) <hr/> 5-5:45pm Birthday parties (shared with family swim)
<b>5-5:30 pm</b> 2 lane PROGRAMS <hr/> <b>5-5:30 pm</b> 2 Lanes LAPS <hr/> <b>5:30-5:40pm</b> 4 lanes LAPS	<b>5-6 pm</b> 2 Lanes PROGRAMS <hr/> 2 Lanes LAPS	<b>5-5:30 pm</b> 2 lane PROGRAMS <hr/> <b>5-5:30 pm</b> 2 Lanes LAPS <hr/> <b>5:30-5:40pm</b> 4 lanes LAPS	<b>5-6:00 pm</b> 2 Lanes PROGRAMS <hr/> 2 Lanes LAPS	<b>5-6:00 pm</b> 2 Lanes FAMILY SWIM <hr/> 2 Lanes Swim Team	Closed	Closed
<b>5:40-7:10 pm</b> 4 Lanes SWIM TEAM	<b>6-7pm</b> 2 Lanes SWIM TEAM <hr/> <b>6-7pm</b> 1 lanes programs 1 lanes LAPS	<b>5:40-7:10 pm</b> 4 Lanes SWIM TEAM	<b>6-7pm</b> 2 Lanes SWIM TEAM <hr/> <b>6-7pm</b> 1 lanes programs 1 lanes LAPS	<b>6-7:30pm</b> 2 lanes FAMILY SWIM <hr/> <b>6-7:30pm</b> 2 Lanes SWIM TEAM	Closed	Closed
<b>7:15-8pm</b> 4 lanes H2O Aerobics	<b>7-8:30pm</b> 4 Lanes SWIM TEAM	<b>7:15-8pm</b> 4 lanes H2O Aerobics	<b>7-8:30pm</b> 4 Lanes SWIM TEAM	<b>7:30-8:30 pm</b> 2 Lanes FAMILY SWIM <hr/> <b>7:30-8:30 pm</b> 2 lanes TRI Swim	<b>Subject to change without notice.</b> <b>If lanes are not in use by swim team. Members may use them.</b> <b>(Rev. JB 3.15.2018)</b>	
<b>8:10 - 9:30 pm</b> 4 lanes LAPS	<b>8:30 - 9:30 pm</b> 4 lanes LAPS	<b>8:10 - 9:30 pm</b> 4 lanes LAPS	<b>8:30 - 9:30 pm</b> 4 lanes LAPS	<b>8:30 - 9:30 pm</b> 4 lanes LAPS		

### Pool Rules

- All swimmers must shower prior to entering the water.
- No street shoes on the pool deck.
- Walking at all times on pool deck.
- Swim diapers are required for children who are not toilet trained.
- Hair that is shoulder length or longer must be tied back.
- Swimming is prohibited for those with communicable sicknesses, and open wounds.
- Food, gum, candy and glass containers are not permitted on the pool deck.
- If the pool becomes too crowded, the lifeguard may restrict the number of people & toys allowed in the pool.
- Breath holding and prolonged underwater swimming is prohibited.
- Pushing and rough play are prohibited.
- Swimmers may not hold, sit, or hang onto the lane lines.
- Diving is permitted only in areas where the depth is 9 feet.
- No backward, twisting, or turning jumps.
- Starting blocks are reserved for swim lessons and swim team.
- All swimmers must take a swim test by the lifeguard and wear their appropriate swim band.
- Red swimmers are swimmers who need a flotation device to swim. An adult must be in the water with them, they must stay in the shallow end only.
- Yellow swimmers can swim with out a float, from the end of the pool to the rope with out touching bottom or sides An adult must be in the water with them, they must stay in the shallow end.
- Green swimmers are swimmers who have passed the deep end test. 25 yard swim going under the shallow end rope then treading water for 60 seconds. Continuously with out stopping, with out touching bottom or sides .
- All swimmers that are not with in arms reach of an adult at all times; must wear a coast guard approved flotation device. (Puddle Jumper or Lifejacket)

### Lap Swim Rules

- Enter the pool at the shallow end (DO NOT dive)
- Swimmers must share lanes if all lanes are occupied
- If joining another lap swimmer who has already begun swimming, enter the pool at the shallow end and touch base with that swimmer before beginning to swim. (If that swimmer does not stop ask the Lifeguard to help you or you can wave a kickboard in front on them. **DO NOT touch them.**)
- 2 swimmers in a lane split the lane.
- 3+ swimmers in the lane circle swim in a counter clockwise motion. Always stay to the right.
- If you need to stop swimming please stop at the ends of the pool.

### Water Fitness Classes—Member Benefit

#### H2O Aerobics:

A high intensity water fitness program focused on providing a unique workout by utilizing exercises from various disciplines. This class is composed of kickboxing moves, interval work, strength training and water current training for a great aerobic exercise. Class is in shallow and deep water This class is geared towards adults seeking an intense workout..

#### Deep H2O Aerobics:

an intense deep water workout with no impact to muscles or joints. Interval training, strength training and cardio training. Class takes place in the deep water.

#### Splash Dance:

Dance inspired water fitness using easy to follow movements incorporating free style, Latin, club and belly dancing movements for a fun aerobic workout.

**Adult Exercise - This is not a class.** This is a scheduled time to use a lane for those individuals doing physical therapy or want to water walk on their own.

**Masters / Tri, swim - This is not a class.** This is a scheduled time for groups of adult-advanced swimmers to do lap workouts and motivate each other.