



POOL SCHEDULE

MILLS COUNTY YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pool Schedule
May 30th – September 3rd

36 laps (1 way) = 1/2 mile
72 laps (1 way) = 1 mile

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Lap Swim 5:30-8am	Lap Swim 5:30-8am	Lap Swim 5:30-8am	Lap Swim 5:30-8am	Lap Swim 5:30-8am	
	<u>Aqua Variety</u> Janet 6-6:45am Lap Lane Open Rec Side Open		<u>Aqua Variety</u> Janet 6-6:45am Lap Lane Open Rec Side Open		<u>Aqua Variety</u> Janet 6-6:45am Lap Lane Open Rec Side Open	
	<u>Aqua Fit</u> Janet 8-8:45am Lap Lane Open	OPEN SWIM 8-9:30am	ADULT SWIM 6:45-9:30am	OPEN SWIM 8-9:30am	<u>Aqua Fit</u> Janet 8-8:45am Lap Lane Open	OPEN SWIM 8am-12pm
	<u>OWLS</u> 9-9:30am Lap Lane Open		<u>OWLS</u> 9-9:30am Lap Lane Open		<u>OWLS</u> 9-9:30am Lap Lane Open	
	OPEN SWIM 9:30-11am May 30-June 2 July 10-14 August 7-31	OPEN SWIM 9:30-11am May 30-June 2 July 10-14 August 7-31	OPEN SWIM 9:30-11am May 30-June 2 July 10-14 August 7-31	OPEN SWIM 9:30-11am May 30-June 2 July 10-14 August 7-31	OPEN SWIM 9:30-11am	
OPEN SWIM 12-3pm	<u>POOL CLOSED</u> <u>SWIM LESSONS</u> 9:30-11am June 5-15 June 19-29 July 10-20 July 24-Aug 3 Lap Lane Open	<u>POOL CLOSED</u> <u>SWIM LESSONS</u> 9:30-11am June 5-15 June 19-29 July 10-20 July 24-Aug 3 Lap Lane Open	<u>POOL CLOSED</u> <u>SWIM LESSONS</u> 9:30-11am June 5-15 June 19-29 July 10-20 July 24-Aug 3 Lap Lane Open	<u>POOL CLOSED</u> <u>SWIM LESSONS</u> 9:30-11am June 5-15 June 19-29 July 10-20 July 24-Aug 3 Lap Lane Open	YMCA TOT/Preschool Swim 10-11am (Zero Entry Area)	
	ADULT SWIM 11am-1pm	ADULT SWIM 11am-1pm	ADULT SWIM 11am-1pm	ADULT SWIM 11am-1pm	ADULT SWIM 11am-1pm	
	<u>POOL CLOSED</u> <u>1-4pm</u>	<u>POOL CLOSED</u> <u>1-4pm</u>	<u>POOL CLOSED</u> <u>1-4pm</u>	<u>POOL CLOSED</u> <u>1-4pm</u>	<u>POOL CLOSED</u> <u>1-4pm</u>	
	OPEN SWIM 4-8pm	OPEN SWIM 4-8pm	OPEN SWIM 4-8pm	OPEN SWIM 4-5:30pm		
				Shared Pool <u>Aqua Surprise</u> Alexis 5:30-6:10pm	OPEN SWIM 4-7pm	
				<u>POOL CLOSED</u> <u>SWIM LESSONS</u> 6:10-8pm		



Aquatic Fitness

MILLS COUNTY YMCA

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

May 30th - September 2nd

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aqua Variety JANET 6-6:45am		Aqua Variety JANET 6-6:45am		Aqua Variety JANET 6-6:45am
Aqua Fit JANET 8-8:45am				Aqua Fit JANET 8-8:45am
OWLS 9-9:30am		OWLS 9-9:30am		OWLS 9-9:30am
			Aqua Jog ALEXIS 5:30-6:10pm	

Class Descriptions:

Aqua Fit: Challenge all your major muscle groups with these dynamic exercises. Increase your calorie burn and build lean muscle.

O.W.L.S.: Older, Wiser, Livelier, Swimmers is a volunteer class that is a fun lively workout that increases cardiovascular endurance.

Aqua Variety: Cardiovascular workout that is combination of different programs. Check out the variety of this program and the amazing benefits it has for you.

Aqua Jog: Gives you the benefits of running with less impact on your body! Come experience the density difference while working hard and burning calories. If you are a runner or are recovering from an injury, this is the class for you!

Pool Descriptions:

Lap Swim: Lap Lanes are reserved for continuous lap swimming, Rec side is open for general exercise.

Open Swim: Pool is open for general swimming for all age groups. During the evening hours and weekends, water features will be available.

Shared Pool: During shared pool times, youth 17 and under will only be allowed in the shallow side of the pool above the 3 foot area, deep end if available. One lap lane will be available for lap swimming. Water features will not be available during this time.

IMPORTANT

All youth 17 and under must wear a red band and remain in shallow water until completing the deep water swim test, which will be given at pool check during open swim times. ***All youth 7 and under, must be accompanied in the pool, within arms reach of an adult at all times.***