



POOL SCHEDULE

MILLS COUNTY YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pool Schedule
January 1st - April 29th

36 laps (1 way) = 1/2 mile

72 laps (1 way) = 1 mile

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Open Swim 12-3PM</p> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; width: fit-content; margin: 10px auto;"> <p>Swim Lessons 3-4:30pm Pool Closed</p> </div>	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	<p>Open Swim 8AM-3:30PM</p>	
	<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 <u>OWLS</u> 9-9:30AM Lap Lane Open Rec Side Open	<p>OPEN SWIM 8am - 11am Rec Side, No Features <i>Swim Lessons 9:45-10:15am</i></p>	Adult Swim 6:45-9:30am	<p>OPEN SWIM 8am - 11am Rec Side, No Features <i>Swim Lessons 9:45-10:15am</i></p>	<u>Aqua Fit</u> JANET 8-8:45AM <u>OWLS</u> 9-9:30AM Lap Lane Open Rec Side Open		<p>OPEN SWIM 9:30am-11am YMCA <i>Features Limited</i> <i>Preschool/tot swim 10-11:30am</i></p>
	OPEN SWIM 9:30am-11am <i>Rec Side, Features Limited</i>		OPEN SWIM 9:30am-11am <i>Rec Side, Features Limited</i>				
	Adult Swim 11am-1pm		Adult Swim 11am-1pm		Adult Swim 11am-1pm		
	POOL CLOSED 1-4PM	POOL CLOSED 1-4PM	POOL CLOSED 1-4PM	POOL CLOSED 1-4PM	POOL CLOSED 1-4PM		POOL CLOSED 1-4PM
	Open Swim 4-5:30PM	Open Swim 4-5:25PM Rookies 4:15-5pm Lap Side	Open Swim 4-5:30PM	Open Swim 4-5:30PM	Open Swim 4-5:30PM Rookies 4:15-5pm Lap Side		Open Swim 4-7PM
	Shared Pool 5:30-6:15pm Aqua Surprise Alexis	Shared Pool 5:30-6pm Aqua Jog Alexis	Shared Pool 5:30-6:15pm Aqua Surprise Alexis	Shared Pool 5:30-6pm Aqua Jog Alexis			
	Open Swim 6:15-8pm	POOL CLOSED 6:10pm SWIM LESSONS	Open Swim 6:15-8pm	Open Swim 6-8pm			



Aquatic Fitness

MILLS COUNTY YMCA

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

Schedule January 1st - May 27th

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 Surprise ALEXIS 5:30-6:15pm	Aqua Jog ALEXIS 5:30-6pm	Aqua Surprise ALEXIS 5:30-6:15pm	Aqua Jog ALEXIS 5:30-6pm	

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 Surprise: This is a cardiovascular all over workout. This class will use several pieces of aquatic fitness equipment, will involve both shallow and deep water exercises, and will incorporate boot camp skills with using wall drills, push ups and interval training. This class is for all swimmers and float belts are available.

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.**