



# Genesee County YMCA Pool Schedule

## Winter Session 1

January 6-February 23

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Lap Swim</b> 5:30am-7:50am	<b>Lap Swim</b> 5:30am-7:50am	<b>Lap Swim</b> 5:30am-7:50am	<b>Lap Swim</b> 5:30am-7:50am	<b>Lap Swim</b> 5:30am-7:50am	<b>Lap Swim</b> 7:10am-8:50am
	<b>Lap Swim</b> 8:00am-8:50am	<b>Lap Swim</b> 8:00am-8:50am	<b>Lap Swim</b> 8:00am-8:50am	<b>Lap Swim</b> 8:00am-8:50am	<b>Lap Swim</b> 8:00am-8:50am	
	<b>Little Shrimps</b> 9:00am-9:50am	<b>Preschool</b> 9:30am-10:00am	<b>Preschool</b> 8:45am-10:00am	<b>Closed</b> 9:00am-9:30am	<b>Little Shrimps</b> 9:00am-9:50am	
<b>Lap Swim</b> 9:00am-11:00am	<b>Lap Swim</b> 9:00am-9:50am	<b>Lap Swim</b> 9:30am-10:00am	<b>Lap Swim</b> 8:45am-10:00am	<b>Senior Swim</b> 9:30am-10:30am	<b>Lap Swim</b> 9:00am-9:50am	<b>Swim Lessons</b> 9:00am-11:40am
<b>Family Swim</b> 11:15am-12:00pm	<b>Adult Swim</b> 10:00am-11:00am	<b>Adult Swim</b> 10:15am-11:50am	<b>Adult Swim</b> 10:10am-11:00am		<b>Adult Swim</b> 10:00am-11:00am	<b>Family Swim</b> 12:00pm-12:50pm
<b>Family Swim</b> 12:10pm-1:00pm	<b>Water X</b> 11:00am-12:00pm	<b>Lap Swim</b> 12:00pm-1:00pm	<b>Water X</b> 11:00am-12:00pm	<b>Adult Swim</b> 10:40am-11:50am	<b>Water X</b> 11:00am-12:00pm	<b>Family Swim</b> 1:00pm-1:50pm
	<b>Lap Swim</b> 12:10pm-12:50pm	<b>Preschool</b> 12:00pm-1:15pm	<b>Lap Swim</b> 12:10pm-12:50pm	<b>Lap Swim</b> 12:00pm-12:50pm	<b>Lap Swim</b> 12:10pm-12:50pm	
	<b>Shallow X</b> 12:45pm-1:45pm	<b>Senior Swim</b> 1:00pm-2:00pm	<b>Preschool</b> 12:15pm-1:00pm	<b>Senior Swim</b> 1:00pm-2:00pm	<b>Shallow X</b> 12:45pm-1:45pm	
	<b>Closed</b> 1:45pm-3:00pm	<b>Lap Swim</b> 3:00pm-3:50pm	<b>Shallow X</b> 12:45pm-1:45pm	<b>Lap Swim</b> 3:00pm-3:50pm	<b>Closed</b> 1:45pm-3:00pm	
	<b>Adult Swim</b> 3:00pm-3:50pm	<b>BASP</b> 3:30pm-4:00pm	<b>Closed</b> 1:45pm-3:00pm	<b>BASP</b> 3:30pm-4:00pm	<b>Adult Swim</b> 3:00pm-3:50pm	
	<b>Swim Team</b> 4:00pm-5:50pm	<b>Swim Team</b> 4:00pm-5:30pm	<b>Adult Swim</b> 3:00pm-3:50pm	<b>Swim Team</b> 4:00pm-5:50pm	<b>Swim Team</b> 4:00pm-5:50pm	
	<b>Program Swim</b> 6:00pm-6:50pm	<b>Swim Lessons</b> 5:35pm-7:00pm	<b>Swim Team</b> 4:00pm-5:30pm	<b>Water X</b> 6:00pm-7:00pm	<b>Family Swim</b> 6:00pm-6:50pm	
	<b>Program Swim</b> 7:00pm-7:50pm	<b>1 Lap Lane</b> 6:15pm-6:55pm	<b>Swim Lessons</b> 5:35pm-7:00pm	<b>Adult Swim</b> <small>Shallow End Only</small> 7:10pm-8:00pm	<b>Family Swim</b> 7:00pm-7:50pm	
	<b>1 Lap Lane</b> 6:00pm-7:50pm *10 min break at 6:50*	<b>Water X</b> 7:05pm-8:05pm	<b>Lap Swim</b> 7:10pm-8:00pm	<b>Water Polo</b> 7:10pm-8:00pm		

**Pool Schedule is subject to change without notice.**

**Pool Use is Prohibited at any other time.**



# Water Exercise Classes

## SENIOR SWIM

Senior Swim is an open swim time for adults to use the pool for low impact exercise. Individuals are welcome to follow each other through a full body exercise outline and lots of stretching. Kickboards and dumbbells are available for use.

## SHALLOW WATER X

This class is a full body workout focusing on strengthening your muscles. The workout is entirely in the shallow end of the pool using kickboard, barbells, and noodles. Join us and find out how the resistance of the water can improve your life!

## WATER X

This high intensity class is for those looking for a cardio and strength workout using water dumbbells, kickboards, and noodles. About half of the class time usually takes place in the shallow end while the second half of class time participants are allowed to exercise in the deep end.

# Genesee County YMCA Pool Policies

- \* Adult Swim is for members 18 years old and up.
- \* Lap swimming is open for members 12 and older who have successfully passed a deep end test.
- \* There are scheduled 10 minute breaks for lifeguards during open pool hours.
- \* Members and Guests must use the pool in accordance with staff/lifeguard instruction and pool rules.
- \* Members and Guests are to wear swim attire or non-cotton exercise clothing in the pool.
- \* Children under the age of **nine (9)** must be accompanied at all times by a parent or adult over 18 years of age regardless of swim ability. The adult must remain in the pool area while their child is swimming.
- \* Children under the age of **six (6)**, regardless of swim ability, must be accompanied by an adult over the age of 18 in the water with them.
- \* Child(ren) not potty-trained must wear a swim diaper while in the pool.
  
- \* Members and guests wishing to use the deep end must successfully complete a deep end test to be given by the lifeguard on duty. Members and guests who have already completed the test must wear an identifying wristband available at the front desk.
  
- \* **Family Swim Policies**
- \* Please ask a lifeguard before entering the equipment closet.
- \* Inflatable floatation devices are not permitted.
- \* Families may bring in their own individual flotation devices (IFD) bubbles or puddle jumpers. YMCA swim lesson bubbles are not to be borrowed.\*\*
- \* Kickboards are only to be used in the lap lane.
- \* Flippers and snorkels are only permitted in the lap lane.
- \* Goggles and noodles will not be available to borrow during Family Swim.
- \* When jumping in- jump from the white gutter, no flips or twists; face the pool. In the shallow end all jumps must be feet first.
  
- \* Lifeguards will take a 10 minute break during Family Swim as posted on the pool schedule.

\*\*Bubbles are **not** considered a lifesaving device. Therefore we do not allow anyone to use the YMCA swim lesson bubbles, however you wish to bring in their own, you may use them.

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**Swimming is prohibited at any other time.**