



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

## WINTER 2012 JAN.7TH-MARCH 31ST

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 a.m.	<b>Open Swim</b> 5-6:30	<b>Open Swim</b> 5-5:30	<b>Open Swim</b> 5-6:30	<b>Open Swim</b> 5-5:30	<b>Open Swim</b> 5-6:30		
6:00 a.m.		<b>Power Workout</b> 5:30-6:30 With Heidi		<b>Power Workout</b> 5:30-6:30 With Heidi			
	Break 6:30-6:45	Break 6:30-6:45	Break 6:30-6:45	Break 6:30-6:45	Break 6:30-6:45		
7:00 a.m.	<b>Family Swim</b> 6:45-8:00	<b>Family Swim</b> 6:45-8:00	<b>Family Swim</b> 6:45-8:00	<b>Family Swim</b> 6:45-8:00	<b>Family Swim</b> 6:45-8:00	<b>Open Swim</b> 7-8:45	
8:00 a.m.	<b>Water Exercise</b> 8-9:00 With Dana	<b>Water Walking</b> 8-9:00 With Dana	<b>Water Exercise</b> 8-9:00 With Dana	<b>Water Walking</b> 8-9:00 With Dana	<b>Water Exercise</b> 8-9:00 With Dana	<b>Swim Lessons</b> 9-11:00	
9:00 a.m.	<b>Water Aerobics</b> 9-10:00 With Heidi	<b>Arthritis Class</b> 9-10:00 With Mark	<b>Water Aerobics</b> 9-10:00 With Heidi	<b>Arthritis Class</b> 9-10:00 With Mark	<b>Water Aerobics</b> 9-10:00 With Heidi		
10:00 a.m.	<b>Home Choice</b> 10-12:00	<b>Swim Lessons</b> 10-11:00	<b>Toddler Time</b> 10-12:00	<b>Swim Lessons</b> 10-11:00	<b>Toddler Time</b> 10-12:00		
11:00 a.m.		<b>Home Choice</b> 11-1:00		<b>PE Swim Lessons</b> 11-12:00 open swim 2/16		<b>Fun Club</b> 11-12:00	
Noon	<b>Water Wellness</b> 12-1:15 With Dana	Break 1-1:15	<b>Water Wellness</b> 12-1:15 With Dana	<b>Family Swim</b> 12-1:00	<b>Water Wellness</b> 12-1:15 With Dana	Break 12-12:15	<b>Family Swim</b> 12-2:00
1:00 p.m.	<b>Adult Tranquility</b> 1:15-2:00	<b>Open Swim</b> 1:15-4:45	<b>Adult Tranquility</b> 1:15-2:00	<b>Open Swim</b> 1:15-4:45	<b>Adult Tranquility</b> 1:15-2:00	Swim Testing 12:15-12:30	
2:00 p.m.	<b>Member Only Swim</b> 2-4:45		<b>Member Only Swim</b> 2-4:45		<b>Open Swim</b> 2-4:45		Break 2-2:15
3:00 p.m.						Break 3-3:15	
4:00 p.m.	Break 4:45-5:00	Break 4:45-5:00	Break 4:45-5:00	Break 4:45-5:00	Break 4:45-5:00	<b>Member Only Swim</b> 3:15-5:30	<b>Open Swim</b> 2:15-4:30 Swim Testing 2:15-2:30
5:00 p.m.	<b>Water Aerobics</b> 5-6:00 With Sarah	<b>Pre/Post Natal</b> 5-6:00 With Christie	<b>Water Aerobics</b> 5-6:00 With Dana	<b>Pre/Post Natal</b> 5-6:00 With Christie	<b>Water Aerobics</b> 5-6:00 With Christie		
6:00 p.m.	<b>Swim Lessons</b> 6-7:30	<b>Swim Lessons</b> 5:30-7:00	<b>Swim Lessons</b> 6-7:30	<b>Swim Lessons</b> 5:30-7:00	<b>Fun Club</b> <b>Family Swim</b>		
	Break 7:30-7:45		Break 7:30-7:45		6:00-7:45		
7:00 p.m.	<b>Water Aerobics</b> 7:45-8:45 With Christie	<b>Water Aerobics</b> 7:00-8:00 With Christie	<b>Latin Splash</b> 7:45-8:45 With Christie	<b>Latin Splash</b> 7:00-8:00 With Christie		Pool Closed 2/17 from 6-9 for Lifeguard Training	
8:00 p.m.	<b>Adult Tranquility</b> 8:45-9:30	Break 8-8:15 <b>Quiet Family Swim</b>	<b>Adult Tranquility</b> 8:45-9:30	Break 8-8:15 <b>Quiet Family Swim</b>	Break 7:45-8 <b>Adult Tranquility</b>		
9:30 p.m.		8:15-9:30		8:15-9:30			

Updated 12/20

### CONTACT

Clark County Family YMCA  
www.ymca-clarkcounty.org  
360.885.9622



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# POOL RULES

## Before you enter our pool, please remember:

- All persons 14 years of age and younger will be swim tested, evaluated and given a color coded band to wear before entering the water. Those who refuse or who are unable to be tested will receive a red band.
- All persons 14 years of age and younger must wear color coded wrist bands at all times they are in or around the pool area. Those not complying will be asked to leave.
- Must wear a bathing suit to be in the pool.
- No street shoes allowed on pool deck.
- All children under the age of 9 must be within arm's length of an actively responsible adult 18 yrs. or older.
- Shower before entering the pool.
- Only proper fitting Coast Guard Approved Personal Flotation Devices (PFDs) are allowed in the pool.

**The YMCA is not responsible for providing PFDs.**

### Swim Time

**Open Swim** – Blow up flotation devices are prohibited.

**Family Swim**– Parent or guardian must be in pool with all participants under the age of 18.

**Toddler Time**– Play time for children ages infant to 5 years. Open to everyone, non-members pay \$5 per child to attend, guardian is free and a maximum of 2 children for each guardian. A splash of fun for parent and child!

**Member Only Swim**–Must be a current member to attend, guests and Day Pass Swimmers not allowed. Current Membership card required.

**Adult Tranquility Swim** – Lights dimmed, soothing music, adults 18 years or older only.

### Water Fitness Classes

Must be 14 yrs of age or older to participate in our Water Fitness Classes. May not be in the pool during a Water Fitness Class unless you are actively participating in the class. Please respect our instructors, members and guests and keep disruptive behavior, such as talking, to a minimum during class.

**Power Water Workout**–This high energy class improves aerobic conditioning and total body fitness. Participants should be comfortable in both deep and shallow water.

**Water Wellness**– Mild water exercise at your own pace. Instructor on site to help you reach your goal.

**Water Walking**– Very low impact walking and stretching at your own pace. Instructor on site to help you reach your goal.

**Latin Splash**– Come join the pool party! This class will incorporate movements of Salsa, merengue, cumbia, and reggaeton in the water!

**Water Exercise**– Instructor lead for all levels. Low impact and moderately aerobic.

**Water Aerobics**– Instructor lead for all levels. Low impact and aerobic.

**Arthritis Class**– Instructor lead mildly aerobic with an emphasis on stretching and mobility.

**Pre/Post Natal**– low impact Aerobic class for expectant and new mothers.

### CONTACT

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360.885.9622

### POOL HOURS

5am-9:30pm M-Th, 5am-8:30pm Fri.  
7am-5:30pm Sat. 12pm-4:30pm Sun.  
unless otherwise noted on the schedule