



# February 2019 Pools

Please note that on occasion, due to circumstances beyond our control, there will be pool closures. Please refer to our FaceBook page for updates. You must be a current YMCA member to use pools, present your membership card & sign in at each pool. No guests, no reciprocal members are permitted. Thank you!

| Sun  | Mon  | Tue                                      | Wed  | Thu                                      | Fri  | Sat |
|--|--|--|--|--|--|-----|
| SUNY PARKING INFORMATION<br>Please use South Lot-<br>for Laker Hall parking.<br>A permit is NOT<br>required. |  |  |  |  | 1  | 2   |
| 3<br>SWIM LESSONS<br>OHS<br>ENTRANCE<br>Please use the Main<br>Entrances to the School<br>At Buccaneer Blvd. | 4<br>LAKER<br>11:30am-12:30pm<br>Aqua Fit & Adult Lap<br>OHS<br>5:30-7:00pm Adult Lap  | 5<br>OHS<br>6:00-7:30pm<br>Swim Lessons  | 6<br>LAKER<br>11:30am-12:30pm<br>Aqua Fit & Adult Lap<br>OHS<br>5:30-7:00pm Adult Lap  | 7<br>OHS<br>6:00-7:30pm<br>Swim Lessons  | 8<br>LAKER<br>11:30am-12:30pm<br>Aqua Fit & Adult Lap  | 9   |
| 10   | 11<br>LAKER<br>11:30am-12:30pm<br>Aqua Fit & Adult Lap<br>OHS<br>5:30-7:00pm Adult Lap | 12<br>OHS<br>6:00-7:30pm<br>Swim Lessons | 13<br>LAKER<br>11:30am-12:30pm<br>Aqua Fit & Adult Lap<br>OHS<br>5:30-7:00pm Adult Lap | 14<br>OHS<br>6:00-7:30pm<br>Swim Lessons | 15<br>LAKER<br>11:30am-12:30pm<br>Aqua Fit & Adult Lap | 16  |
| 17   | 18<br>LAKER<br>11:30am-12:30pm<br>Aqua Fit & Adult Lap<br><br>NO EVENING LAP SWIM      | 19<br>OHS<br>6:00-7:30pm<br>Swim Lessons | 20<br>LAKER<br>11:30am-12:30pm<br>Aqua Fit & Adult Lap<br>OHS<br>5:30-7:00pm Adult Lap | 21<br>OHS<br>6:00-7:30pm<br>Swim Lessons | 22<br>LAKER<br>11:30am-12:30pm<br>Aqua Fit & Adult Lap | 23  |
| 24   | 25<br>LAKER<br>11:30am-12:30pm<br>Aqua Fit & Adult Lap<br><br>NO EVENING LAP SWIM      | 26<br>OHS<br>6:00-7:30pm<br>Swim Lessons | 27<br>LAKER<br>11:30am-12:30pm<br>Aqua Fit & Adult Lap<br><br>NO EVENING LAP SWIM      | 28<br>OHS<br>6:00-7:30pm<br>Swim Lessons |  |     |

# Swim Lessons

**Tuesday & Thursday. Pre-registration Required. Limited Space.**

## Swim Lesson Levels

**Little Dippers:** Parent & Child Water Exploration, for children 6 wks to 3 yrs.

**Pee Wee:** Children ages 3-5. Introduction to the pool and basic swim skills.

**Level 1:** Beginner swimmers, builds skills and confidence in and around the water.

**Level 2:** For swimmers that are acclimated to water, try new skills with encouragement, can float on stomach and back and put face in water. Beginning development of front/back crawl.

**Level 3:** For swimmers that can swim front/back crawl, beginnings of breaststroke development and can swim ½ length of pool.

**Level 4:** Can swim front/back crawl, breaststroke the length of pool. Diving, stroke refinement and endurance are developed in this class.

**Level 5:** Provides further coordination and refinement of all four strokes.

**Level 6:** Refines strokes and increases endurance, working towards being proficient in all four strokes.

| <b>Tue</b>   | <b>Thur</b>  |
|--|--|
| <b>Little Dippers<br/>&amp; Pee Wee</b><br>6:00pm-6:30pm | <b>Little Dippers<br/>&amp; Pee Wee</b><br>6:00pm-6:30pm |
| <b>Level 1&amp;2</b><br>6:30pm-7:00pm                    | <b>Level 1&amp;2</b><br>6:30pm-7:00pm                    |
| <b>Levels 3-6</b><br>7:00pm-7:30pm                       | <b>Levels 3-6</b><br>7:00pm-7:30pm                       |

**Adult Lap Swim:** Lap swim only for 17 years of age and older. Kickboards, fins & swim buoys are allowed.

**Aqua Fit:** An open class for everyone, especially for those with joint ailments. Get fit with this challenging water workout done with friends.

**Family Swim:** Spend time in the pool with your family & friends. Children must be accompanied by parent in pool & all must be Y members.

*\*Please Note: On Monday, Wednesday & Friday, Adult Lap Swim & Aqua Fit class share the Laker Hall pool*