



January 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 Please use South Lot- for Laker Hall parking. A permit is NOT required.		1	2	3	4	5 NO SWIM LESSONS
6 SWIM LESSONS OHS ENTRANCE Please use the Main Entrances to the School At Buccaneer Blvd.	7 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap	8 NO SWIM LESSONS	9 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap	10 NO SWIM LESSONS	11 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap	12 NO SWIM LESSONS
13	14 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap	15 NO SWIM LESSONS	16 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap	17 NO SWIM LESSONS	18 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap	19 NO SWIM LESSONS
20	21 NO POOL	22 NO SWIM LESSONS	23 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap	24 NO SWIM LESSONS	25 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap	26 NO SWIM LESSONS
27	28 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap	29 NO SWIM LESSONS	30 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap	31 NO 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.

Tue	Thur
Little Dippers & Pee Wee 6:00pm-6:30pm	Little Dippers & Pee Wee 6:00pm-6:30pm
Level 1&2 6:30pm-7:00pm	Level 1&2 6:30pm-7:00pm
Levels 3-6 7:00pm-7:30pm	Levels 3-6 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*