



# March 2018 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 Lot EC-5 for Laker Hall parking. A permit is not required.				1  OHS 6:00-7:30pm Swim Lessons	2  LAKER 11:30am-12:30pm Aqua Fit & Adult Lap	3 <b>NEW LESSON TIMES</b> OHS 12:30pm-2pm Swim Lessons  2pm-3pm Adult Lap & Family Swim
4  Please Use Main Entrance to OHS off Buccaneer Blvd. (one way street)	5 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap  OHS 6pm-7:30pm Adult Lap	6  OHS 6:00-7:30pm Swim Lessons	7 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap  OHS 6pm-7:30pm Adult Lap	8  OHS 6:00-7:30pm Swim Lessons	9  LAKER 11:30am-12:30pm Aqua Fit & Adult Lap	10  <b>NO SWIM LESSONS</b>
11	12  NO LAKER POOL  OHS 6pm-7:30pm Adult Lap	13  <b>NO SWIM LESSONS</b>	14  NO LAKER POOL  OHS 6pm-7:30pm Adult Lap	15  <b>NO SWIM LESSONS</b>	16  NO LAKER POOL	17  <b>NO SWIM LESSONS</b>
18	19 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap  OHS 6pm-7:30pm Adult Lap	20  OHS 6:00-7:30pm Swim Lessons	21 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap  OHS 6pm-7:30pm Adult Lap	22  OHS 6:00-7:30pm Swim Lessons	23  LAKER 11:30am-12:30pm Aqua Fit & Adult Lap	24 <b>NEW LESSON TIMES</b> OHS 12:30pm-2pm Swim Lessons  2pm-3pm Adult Lap &
25	26 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap  OHS 6pm-7:30pm Adult Lap	27  OHS 6pm-7:30pm Swim Lessons	28 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap  OHS 6pm-7:30pm Adult Lap	29  OHS 6pm-7:30pm Swim Lessons	30  LAKER 11:30am-12:30pm Aqua Fit & Adult Lap	31  <b>NO SWIM LESSONS</b>

# Swim Lessons

## Tuesday & Thursday Sessions OR Saturday Session

### Pre-registration Required.

**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>Sat</b>
<b>Little Dippers &amp; Pee Wee</b> 6:00pm-6:30pm	<b>Little Dippers &amp; Pee Wee</b> 6:00pm-6:30pm	<b>Little Dippers &amp; Pee Wee</b> 12:30am-1:00pm
<b>Level 1&amp;2</b> 6:30pm-7:00pm	<b>Level 1&amp;2</b> 6:30pm-7:00pm	<b>Level 1&amp;2</b> 1:00pm-1:30pm
<b>Levels 3-6</b> 7:00pm-7:30pm	<b>Levels 3-6</b> 7:00pm-7:30pm	<b>Levels 3-6</b> 1:30pm-2:00pm

**Adult Lap Swim:** Lap swim only for 18 years of age and older. Kickboards, fins & swim buoys are allowed.

**Aqua Fit:** A class for everyone, especially for those with joint ailments. Get fit with this challenging water workout. Instructor: Sallye Glennen

**Family Swim:** For families to enjoy the pool and splash around together!

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