



# November 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 South Lot- for Laker Hall parking. A permit is NOT required.				1 <b>OHS</b> 6:00-7:30pm Swim Lessons	2 <b>LAKER</b> 11:30am-12:30pm Aqua Fit & Adult Lap	3 <b>OHS</b> 11:30pm-1pm Swim Lessons
4 SWIM LESSONS <b>OHS</b> ENTRANCE Please use the Main Entrances to the School At Buccaneer Blvd.	5 <b>LAKER</b> 11:30am-12:30pm Aqua Fit & Adult Lap	6 <b>OHS</b> 6:00-7:30pm Swim Lessons	7 <b>LAKER</b> 11:30am-12:30pm Aqua Fit & Adult Lap	8 <b>OHS</b> 6:00-7:30pm Swim Lessons	9 <b>LAKER</b> 11:30am-12:30pm Aqua Fit & Adult Lap	
11	12 <b>LAKER</b> 11:30am-12:30pm Aqua Fit & Adult Lap	13 <b>OHS</b> 6:00-7:30pm Swim Lessons	14 <b>LAKER</b> 11:30am-12:30pm Aqua Fit & Adult Lap	15 <b>OHS</b> 6:00-7:30pm Swim Lessons	16 <b>LAKER</b> 11:30am-12:30pm Aqua Fit & Adult Lap	
18	19 <b>LAKER</b> 11:30am-12:30pm Aqua Fit & Adult Lap	20 <b>NO SWIM LESSONS</b>	21 <b>NO LAKER POOL</b>	22 <b>NO SWIM LESSONS</b>	23 <b>NO LAKER POOL</b>	24
25	26 <b>LAKER</b> 11:30am-12:30pm Aqua Fit & Adult Lap	27 <b>OHS</b> 6:00-7:30pm Swim Lessons	28 <b>LAKER</b> 11:30am-12:30pm Aqua Fit & Adult Lap	29 <b>OHS</b> 6:00-7:30pm Swim Lessons	30 <b>LAKER</b> 11:30am-12:30pm Aqua Fit & Adult Lap	

# 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 &amp; Pee Wee</b> 6:00pm-6:30pm	<b>Little Dippers &amp; Pee Wee</b> 6:00pm-6:30pm
<b>Level 1&amp;2</b> 6:30pm-7:00pm	<b>Level 1&amp;2</b> 6:30pm-7:00pm
<b>Levels 3-6</b> 7:00pm-7:30pm	<b>Levels 3-6</b> 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:** A class for everyone, especially for those with joint ailments. Get fit with this challenging water workout. Instructor: Sallye Glennen

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