



October 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 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap | 2 OHS 6:00-7:30pm Swim Lessons | 3 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap | 4 OHS 6:00-7:30pm Swim Lessons | 5 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap | 6 OHS 11:30pm-1pm Swim Lessons |
| 7 SWIM LESSONS OHS ENTRANCE Please use the Main Entrances to the School At Buccaneer Blvd. | 8 NO LAKER POOL | 9 OHS 6:00-7:30pm Swim Lessons | 10 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap | 11 OHS 6:00-7:30pm Swim Lessons | 12 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap | 13 OHS 11:30pm-1pm Swim Lessons |
| 14 | 15 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap | 16 OHS 6:00-7:30pm Swim Lessons | 17 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap | 18 OHS 6:00-7:30pm Swim Lessons | 19 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap | 20 OHS 11:30pm-1pm Swim Lessons |
| 21 | 22 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap | 23 OHS 6:00-7:30pm Swim Lessons | 24 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap | 25 OHS 6:00-7:30pm Swim Lessons | 26 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap | 27 OHS 11:30pm-1pm Swim Lessons |
| 28 | 29 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap | 30 OHS 6:00-7:30pm Swim Lessons | 31 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap | | | |

Swim Lessons

Tuesday & Thursday OR Saturdays. 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.

| Tue | Thur | Sat |
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| Little Dippers & Pee Wee 6:00pm-6:30pm | Little Dippers & Pee Wee 6:00pm-6:30pm | Little Dippers & Pee Wee 11:30am-12:00pm |
| Level 1&2 6:30pm-7:00pm | Level 1&2 6:30pm-7:00pm | Level 1&2 12:00pm-12:30pm |
| Levels 3-6 7:00pm-7:30pm | Levels 3-6 7:00pm-7:30pm | Levels 3-6 12:30pm-1:00pm |

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*