



September 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.	3 LABOR DAY YMCA CLOSED	4 NO SWIM LESSONS	5 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap	6 NO SWIM LESSONS	7 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap	8 NO SWIM LESSONS
9 SWIM LESSONS OHS ENTRANCE Please use the Main Entrances to the School At Buccaneer Blvd.	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 6:00-7:30pm Swim Lessons	14 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap	15 OHS 11:30pm-1pm Swim Lessons
16	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 6:00-7:30pm Swim Lessons	21 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap	22 OHS 11:30pm-1pm Swim Lessons
23	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 6:00-7:30pm Swim Lessons	28 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap	29 OHS 11:30pm-1pm Swim Lessons
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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
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*