



September Pool Schedule

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.	2	3	4 LAKER 11:30am-1:00pm Aqua Fit & Adult Lap	5 OHS 6:00-7:30pm Swim Lessons	6 LAKER 11:30am-1:00pm Aqua Fit & Adult Lap	3
4 SWIM LESSONS ARE MONTHLY. REGISTRATION OPENS THE 15th EACH MONTH PRIOR	5 LAKER 11:30am-1:00pm Aqua Fit & Adult Lap	6 OHS 6:00-7:30pm Swim Lessons	7 LAKER 11:30am-1:00pm Aqua Fit & Adult Lap	8 OHS 6:00-7:30pm Swim Lessons	9 LAKER 11:30am-1:00pm Aqua Fit & Adult Lap	10
11	12 LAKER 11:30am-1:00pm Aqua Fit & Adult Lap	13 OHS 6:00-7:30pm Swim Lessons	14 LAKER 11:30am-1:00pm Aqua Fit & Adult Lap	15 OHS 6:00-7:30pm Swim Lessons	16 LAKER 11:30am-1:00pm Aqua Fit & Adult Lap	17
18	19 LAKER 11:30am-1:00pm Aqua Fit & Adult Lap	20 OHS 6:00-7:30pm Swim Lessons	21 LAKER 11:30am-1:00pm Aqua Fit & Adult Lap	22 OHS 6:00-7:30pm Swim Lessons	23 LAKER 11:30am-1:00pm Aqua Fit & Adult Lap	24
25	26 LAKER 11:30am-1:00pm Aqua Fit & Adult Lap	27 OHS 6:00-7:30pm Swim Lessons	28 LAKER 11:30am-1:00pm Aqua Fit & Adult Lap	29 OHS 6:00-7:30pm Swim Lessons	30 LAKER 11:30am-1:00pm Aqua Fit & Adult Lap	31

Swim Lessons at the Oswego High School

Tuesday & Thursday. 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
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: 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*