



# MAY POOL SCHEDULE

MEYERS LAKE YMCA | 330-454-9018

	POOL			HOT TUB / STEAM ROOM
	OPEN SWIM	LAP SWIM	CLASSES / EVENTS	OPEN FOR USE
MON	5:30a - 9a  10a - 8:45p	5:30a - 9a (3) 9a - 10a (2) 10a - 8:45p (3)	9a - 10a <b>Deep Water Fitness</b>	5:30a - 8:45p
TUES	5:30a - 11a  1p - 5:30p  7:15p - 8:45p	5:30a - 11a (3) 11a - 1p (1) 1p - 5:30p (3) <b>No lap lanes during swim lessons</b> 6:30p - 7p (2) 7p - 8:45p (3)	11a - 11:45a <b>Aqua Arthritis</b> 12p - 1p <b>Aqua Pilates</b> 5:30p - 6:30p <b>Swim Lessons</b> (until 5/21) 6:30p - 7p <b>Water Aerobics</b> (no class on 5/28)	5:30a - 8:45p
WED	5:30a - 9a  11a - 8:45p	5:30a - 9a (3) 9a - 10a (2) 11a - 8:45p (3)	9a - 10a <b>Deep Water Fitness</b> 10a - 11a <b>Swim Lessons</b> (until 5/22)	5:30a - 8:45p
THURS	5:30a - 10a  1p - 5:30p  7p - 8:45p	5:30a - 11a (3) 11a - 1p (1) 1p - 5:30p (3) <b>No lap lanes during swim lessons</b> 7p - 8:45p (3)	11a - 11:45a <b>Aqua Arthritis</b> 12p - 1p <b>Aqua Pilates</b> 5:30p - 7p <b>Swim Lessons</b> (until 5/23)	5:30a - 1p 1p - 4p <b>Closed: draining and cleaning</b> 4p - 8:45p
FRI	5:30a - 9a  10a - 6:45p	5:30a - 9a (3) 9a - 10a (2) 10a - 6:45p (3)	9a - 10a <b>Instructor's Choice Water Fitness</b>	5:30a - 6:45p
SAT	7a - 9a  11a - 2:45p	7a - 9a (3) <b>No lap lanes during swim lessons</b> 11a - 2:45p (3)	9a - 11a <b>Swim Lessons</b> (until 5/24)	7a - 2:45p
SUN	11a - 2:45p	11a - 2:45p (3)		11a - 2:45p

Pool rules, regulations, and class descriptions on back.



# POOL RULES & REGULATIONS

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Hot Tub	For members at least 18 years of age and must be out of high school.
Steam Room	For members at least 18 years of age and must be out of high school.
Lap Lane Policy	(#) is the # of lap lanes available at that time. Green banded swimmers, High School and Adults ONLY.
Open Swim Policy	To swim without a parent or guardian, children must be: 6 years of age or older <u>AND</u> 48" tall (YELLOW BAND) <u>OR</u> have passed the deep water test (GREEN BAND).
Deep Water Test Requirements (required for ages 6 to high school)	Swim one length of pool (25 yds.), front crawl with face in water, breathing without hesitation and above water arm recovery. Jump in the deep end and resurface. Tread water for 30 seconds. Float on back and go from floating position to prone/standing position. <u>At the guard's discretion, participant may be asked to retake the test at any time.</u>
Deep Water Testing Schedule	<u>Required For anyone 6 years &amp; up to high school to swim in the deep end of the pool.</u> Contact the Aquatic Director to make appointment.
Wristband Color System	<b>Yellow Band:</b> Ages 6+ <u>and</u> 48 inches tall (lifeguard will measure child on pool deck at 1st visit). If make height requirement the child then will be able to swim without a parent. On next visit child must get wrist band upon entering building at Membership Desk. Child not permitted in lap lanes or deep end. <b>Green Band:</b> Ages 6+ <u>and</u> have passed the Deep Water test. Contact Aquatic Director to make an appointment. On next visit child must get wrist band upon entering building at Membership Desk.
Swim Lesson Placement	Not sure what stage your child is in? Contact the Aquatic Director with any questions.

## Water Fitness Class Descriptions

CLASS NAME	INSTRUCTOR	LENGTH	DESCRIPTION
Deep Water Fitness	Jan Jordan	60 min	High intensity workout in deep water using flotation belts and zero impact to tone and strengthen muscles
Aqua Arthritis	Sherry Harstine	45 min	An aquatic exercise program utilizing guidelines from the Arthritis Foundation led by a Certified Program Leader
Aqua Pilates	Debbie Evans	60 min	Lengthen and stretch your muscles to improve balance and range of motion
Instructor's Choice	Rotating Instructor	45-60 min	Instructors will incorporate different aspects of water fitness
Water Aerobics	Casey Thomas	30 min	High intensity workout focusing on cardiorespiratory endurance and strengthening muscles