



INDOOR AQUATICS

JAMES L. CAMP, JR. FAMILY YMCA

November—March

Indoor Pool Hours

Mon.-Thur. 5:30am-8:30pm

Fri. 5:30am-7:30pm

Sat. 8:30am-4:30pm

Sun. 2pm-4:30pm

Lap Swim— is up to two lanes. #Lane will denote how many lanes will be available for lap swim during other aquatic programs

Birthdays Parties are held at the YMCA every Saturday with swimming from 3pm-4pm and the meeting room from 4pm-5pm. Call and reserve your party today.
562-3491
cbrooks@ymcashr.org

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Lap Swim 5:30am-9am	Lap Swim 5:30am-9am	Lap Swim 5:30am-9am	Lap Swim 5:30am-9am	Lap Swim 5:30am-9am	Lap Swim 8:30am-9am	Open Swim 2pm-4:30pm 1 Lane
Water 'Robics 9am-10am No Lap Swim	Twinges 9am-10am 1 Lane	Water 'Robics 9am-10am No Lap Swim	Twinges 9am-10am 1 Lane	Water 'Robics 9am-10am No Lap Swim	Twinges & Lessons 9am-10am 1 Lane	
Twinges 10am-11am No Lap Swim	Lap Swim 10am-4pm	Twinges 10am-11am No Lap Swim	Lap Swim 10am-4pm	Twinges 10am-11am No Lap Swim	Lap Swim 10am-12pm	
Lap Swim 11am-4pm		Lap Swim 11am-4pm		Lap Swim 11am-4pm	Open Swim 12pm-4:30pm 1 Lane	
Swim Team 4pm-5:30pm	Swim Team 4pm-6pm	Swim Team 4pm-5:30pm	Swim Team 4pm-6pm	Open Swim 4pm-7:30pm 1 Lane		
Lessons 5:30pm-7 pm 1 Lane	Deep Water 6:30-7:15pm 1 Lane	Lessons 5:30pm-7 pm 1 Lane	Deep Water 6:30-7:15pm 1 Lane			
Open Swim 7pm-8:30pm 1 Lane	Open Swim 7:15-8:30pm 1 Lane	Open Swim 7pm-8:30pm 1 Lane	Open Swim 7:15-8:30pm 1 Lane			

DESCRIPTIONS & GUIDELINES

Your safety is our utmost concern, and adherence to the following will help us provide a safe environment for you and your family. See you in the water!

CLASS DESCRIPTIONS

Twinges is appropriate for those suffering from arthritis, fibromyalgia and multiple sclerosis, as well as those recovering from joint injury or surgery. The main goal of this class is to strengthen muscles and improve joint flexibility and range of motion

Water`robics is designed for all fitness levels and has minimal impact on the joints. Instructors incorporate various cardiovascular training techniques and may use a variety of resistance equipment.

Deep Water This is a non-impact, high intensity workout that combines cardiovascular conditioning with muscular toning and a great abdominal workout. This progressively challenging deep water program is for all individuals looking to develop strength and tone.

Parent/Child Swim Lessons- 6-36 months This course is designed to develop a sense of comfort and familiarity with the water. This course is taught through group instruction utilizing songs, games, and other fun activities. Children work on basic movements in the water while supported by the parent or a floatation device. This course introduces new skills when the parent and child are ready to learn.

Preschool Swim Lessons are for children ages 3-5 years beginner to advanced swimmers. Emphasis will be on teaching fundamentals of swimming, personal safety, character development, rescue skills, and water sports.

School Age Swim Lessons are for children ages 6-12 years beginner to advanced. Participants will learn skills pertaining to personal growth, stroke development, personal safety, rescue, water sports and games. Each child will have his/her skills evaluated the first day of class to ensure proper placement in the progressive program of the YMCA.

Adult/Teens Swim Lessons for Adults and Teens ages 13 and up of all abilities from beginner to advanced to reach swimming goals of the individual.

POOL GUIDELINES

- YMCA swimming pools are only to be used when a lifeguard is on duty.
- Please shower before entering the swimming pool.
- Persons with open cuts, sores or blisters are not permitted in the swimming pool.
- Children who are not potty-trained must wear a swim diaper or plastic pants (disposable diapers are not permitted).
- Please use appropriate changing facilities (on-deck changing of any age is prohibited).
- A parent/guardian must be supervising his/her child (9 years and younger) at all times. Non-swimmers must be within arm's reach of a parent or supervising guardian at all times.
- Children ages 10-12 may use the pool only if a responsible adult is on the Y's premises and the child has passed the YMCA of South Hampton Roads Swim Test. Please refer to the member guide for all age guidelines and definitions.
- Swimmers must wear appropriate swimwear (no jeans or cut-offs; swimsuits only). The Y asks all members to remember the family environment and choose the style of your swimsuit accordingly.
- Children wearing Coast Guard approved flotation devices and non-swimmers must be within arm's reach of a parent. Water wings (arm floaties) are not permitted. The aquatic director may make exceptions based on special needs of the swimmer and inspection of the device.
- Glass or metal objects are not permitted in the pool area and any food consumed must be at least 10' from the edge of the swimming pool. Chewing gum, tobacco products and alcohol are not permitted in the Y's aquatic environments.

- Feet-first entries only. No diving. Flips, spins or back dives are not permitted from the side of the pool. Diving is permitted in swimming pools with a minimum of 9' of water during posted times.
- Running, horse playing, pushing, carrying people on shoulders or dunking is prohibited in the swimming pool or deck area.
- Hanging on lane lines, safety ropes and basketball hoops is not permitted.
- Prolonged underwater swimming or breath holding (and hyperventilation) is not permitted.
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- Prolonged underwater swimming or breath holding (and hyperventilation) is not permitted.
- Floats and rafts are only permitted during designated times and when posted in advance.
- Fins and snorkels are only permitted in lap lanes. On occasion during peak demand, the aquatic director may restrict usage of fins to ensure the safety of other swimmers.
- When the whistle blows, look to a lifeguard immediately!
- Any act deemed unsafe by the lifeguard or management will not be tolerated.

SWIM TEST

Comfortably swim one length of the swimming pool (25 yards) without assistance.

Pausing is allowed for the swimmer to rotate and breathe.

Any stroke or combination of strokes are permissible, however, the swimmer must remain on top of the water (underwater swim is not acceptable) and have some level of proficiency of the swim stroke.

Tread water for 30 seconds.

Exit the swimming pool either by steps, ladder or side.

YMCA of South Hampton Roads Pool Rules are reviewed and a copy of the rules will be provided to the child.