



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INDOOR AQUATICS

## HILLTOP FAMILY YMCA

### Winter 2012

#### Indoor Aquatic Center Operating Hours

Mon–Fri	5am–9pm
Sat	7am–5:45pm
Sun	10am–5:45pm

Multiple activities are often scheduled at the same time.

#### Lap Swimming Tips

Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull buoys, etc. before entering the pool.

#### Directions

If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person, immediately changes the lane to "circle" swimming format.

#### Speed

Please try to choose a lane with swimmers that most nearly match your speed.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b> 5–9am 9am–12pm 2L	<b>Lap Swim</b> 5–9am 9am–12pm 2L	<b>Lap Swim</b> 5–9am 9am–12pm 2L	<b>Lap Swim</b> 5–9am 9am–12pm 2L	<b>Lap Swim</b> 5–9am 9am–12pm 2L	<b>Lap Swim</b> 7am–5:45pm	<b>Lap Swim</b> 10am–4:45pm
<b>Open Swim</b> 6–9am	<b>Open Swim</b> 6–9am	<b>Open Swim</b> 6–9am	<b>Open Swim</b> 6–9am	<b>Open Swim</b> 6–9am	<b>Swim Lessons</b> 9–11:30am	<b>Open Swim 2L</b> 10am–4:45pm
<b>Water Arthritis</b> 9–10am (Leslie) 10–11am (Adam)	<b>Total Cardio</b> 9:45–10:45am (Larissa)	<b>Water Arthritis</b> 9–10am (Danya)	<b>Water Aerobics</b> 9–10am (Lee)	<b>Water Arthritis</b> 9–10am (Lee)	<b>Open Swim 2L</b> 11:30am–5:45pm	
<b>Swim Lessons</b> 10am–12pm	<b>Swim Lessons</b> 10am–12pm	<b>Water Aerobics</b> 10–11am (Danya)	<b>Swim Lessons</b> 10am–12pm	<b>Water Aerobics</b> 10:10–11:10am (Lee)		
<b>Hilltop Therapy</b> 10:45–11:45am 2L	<b>H2E Aerobics</b> 10:45–11:45am (Lee)	<b>Swim Lessons</b> 10am–12pm	<b>Hilltop Therapy</b> 10:45–11:45am 2L	<b>Deep Water</b> 11:20–12:20am (Lee)		
<b>Sentara Aquafit</b> 11:15am–12pm 3L		<b>Ai Chi</b> 11am–12pm (Danya)		<b>Sentara Aquafit</b> 11:15am–12pm 3L		
<b>Lap Swim</b> 12–5:30pm 3L	<b>Open Swim 2L</b> 11am–4pm	<b>Open Swim 2L</b> 11am–4pm	<b>Open Swim 2L</b> 11am–4pm	<b>Open Swim</b> 11am–8:45pm		
<b>Open Swim 2L</b> 11am–4pm	<b>Masters Swim</b> Team 3L 12–1pm	<b>Lap Swim</b> 1–4:45pm	<b>Masters Swim</b> Team 3L 12–1pm	<b>Lap Swim 2L</b> 1–8:45pm		
<b>Masters Swim</b> Team 3L 12–1pm	<b>Lap Swim</b> 1–4:45pm	<b>TCC</b> 1–3:30pm	<b>Lap Swim</b> 1–4:45pm			
<b>Lap Swim</b> 1–4:45pm						
<b>TCC</b> 1–3:30pm						
<b>Swim Lessons</b> 4–6:45pm	<b>Swim Lessons</b> 4–6:45pm	<b>Swim Lessons</b> 4–6:45pm	<b>Swim Lessons</b> 4–6:45pm			
<b>Lap Swim</b> 4–5pm 1L	<b>Lap Swim</b> 4–5pm 1L	<b>Lap Swim</b> 4–5pm 1L	<b>Lap Swim</b> 4–5pm 1L			
<b>Tide Swim Team</b> 4:45–8:15pm	<b>Tide Swim Team</b> 4:45–8:15pm	<b>Tide Swim Team</b> 4:45–8:15pm	<b>Tide Swim Team</b> 4:45–8:15pm	<b>Tide Swim Team</b> 4:45–6:30pm		
<b>Lap Swim 1L</b> 7–9pm	<b>Lap Swim 1L</b> 7–9pm	<b>Lap Swim 3L</b> 6–9pm	<b>Lap Swim 3L</b> 6–9pm			
<b>Open Swim</b> 7–9pm 1L	<b>Open Swim</b> 7–9pm 1L	<b>Open Swim</b> 7–9pm 1L	<b>Open Swim</b> 7–9pm 1L			



# 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

**Ai Chi**—this water based total body strengthening and relaxation class is performed in deep water. It uses a combination of deep breathing and slow movements of the arms, legs, and torso. A very dynamic class, Ai chi provides for a total mind, body, and spirit workout. Appropriate for beginners through advanced.

**Arthritis**—Taught by a certified instructor in affiliation with the Arthritis Foundation, this class is designed to help increase joint flexibility, range of motion and muscle strength. Appropriate for beginners through advanced.

**Deep Water**—High intensity water fitness class deep enough to avoid contact with the bottom of the pool. Float belts are available for beginners. Want a better workout? Take the class without a float belt! Appropriate for intermediate through advanced.

**Masters Swim**—This class is intended for those that are able to swim but want further help with stroke techniques. Options are available to swim competitively. Appropriate for intermediate through advanced.

**Water Aerobics**—This class is intended to provide approximately 30 minutes of cardiovascular training, 20 minutes of strength training and abdominal workouts, and 10 minutes of stretching. Appropriate for beginners through advanced.

**Lap Swim**—For individuals who wish to swim the length of the pool.

**Open Swim**—The pool is reserved for members who wish to participate in non-lap swim activities, as well as to relax and enjoy our pool. It is a great time to work out independently or have family time to play together in the pool. Children under six must be accompanied into the water by an adult.

## 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.
- 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.
- YMCA management may close the pool at any time to ensure the safety of patrons. All pools will be closed for at least 20 minutes when lightning and/or thunder is observed.

## 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 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.

## YMCA OF SOUTH HAMPTON ROADS

Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. • [www.ymcashr.org](http://www.ymcashr.org)