



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR AQUATICS

INDIAN RIVER FAMILY YMCA

Winter/Spring 2012

January 2-May 31

Indoor Aquatic Center

Operating Hours

Mon.-Thur. 5:30am-9:15pm
Fri. 5:30am-8:45pm
Sat. 8am-6:45pm
Sun. 11am-5:45pm

Open Swim

Open Swim is a time for individuals and families to have fun in the pool. We offer open swim all day long. Some times may be busier than others based on other aquatic activities.

Lap Swim

The Y guarantees at least one lap lane at all times for lap swimmers, unless otherwise posted. More lanes may be available depending on classes, swim lessons or other aquatic events.

Inclement Weather

The Y may close the pool during inclement weather. All attempts are made to keep the pool open and wait out the storm, however, management may delay opening or close the pool to ensure the safety and members and staff.

Standard operating procedure is to wait 20 minutes after each lightning strike. Lifeguards/management will also clear the pool during thunder under threatening skies.

Water exercise classes include a warm-up, work phase and cool-down. Please feel free to consult Member Services any time you need more information on our classes. Classes that consistently have fewer than five participants are subject to cancellation.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Master Swim 6-7am		Master Swim 6-7am			
		Water Arthritis 8:30-9:30am	Water Arthritis 8:00-9:00am	Water Arthritis 8:30-9:30am		Aqua Combo 8:15-9:15am	
	Aqua Combo 9-10:00 am		Aqua Combo 9-10am			Swim Lessons 8:45-11:45am	
	Swim Lessons 10-11:15am	Swim Lessons 10-11:15am	Swim Lessons 10-11:15am	Swim Lessons 10-11:15am			
	Swim Lessons 4:30-6:30pm	Power Aqua 4:30-5:30pm	Swim Lessons 4:30-6:30pm	Power Aqua 4:30-5:30pm			
		Swim Lessons 4:30-6:30pm		Swim Lessons 4:30-6:30pm			
	Aqua Combo 7-8pm	Aqua Combo 7-8pm	Aqua Combo 7-8pm				



CLASS DESCRIPTIONS

AQUA CLASSES

Aqua Combo is designed for all fitness levels and has minimal impact on joints. Instructors incorporate various cardiovascular training techniques and use a variety of resistance equipment for strength training.

Power Aqua is an aqua aerobic class for those who want more intensity! The instructor may work out in deep or shallow water using suspended or power moves. This class is designed for participants wanting a challenge, but is appropriate for all levels of fitness.

Water Arthritis 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.

MASTER SWIM

Master Swim is a community of swimmers 18 years of age and older who wish to continue stroke technique, work in a team atmosphere and work on endurance training. Sessions include a one-hour coached practice during which swimmers complete over 2,000 yards. Participants will also have the opportunity to register for and compete in the Master's level USSA meets several times each year in various Virginia locations.

OPEN SWIM

Open Swim is a time for individuals and families to have fun together in the pool. Children 9 years and younger need to be accompanied by an adult in the pool at all times. Youth 10–12 years of age are welcome at the pool by themselves if they have passed the swim test and are wearing a swim necklace. A parent must bring children this age to and from the pool and remain on YMCA premises at all times.

SWIM LESSONS

YMCA Swim Lessons are available for all individuals ages 6 months through adult. Detailed descriptions of swim lessons and a schedule of classes can be found on our Swim Lessons flyer, which is available on our Information Wall, at the Member Services desk or online at www.ymcashr.org.

SWIM NECKLACES

A swim necklace is worn around your child's neck to let our staff know that they are deep-water competent and confident. Once your child has passed the swim test, their necklace will designate what areas and amenities of the aquatic centers your child can enjoy without a life jacket. Children under age 13 must wear a swim necklace at all times while in pool areas. If a child does not have a swim necklace, they must be within arm's reach of a parent or wear a life jacket.

Visiting from another center? Our Aquatics staff will check that you've passed the swim test and will provide you with a necklace.

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.

AGE GUIDELINES

Children must be at least 13 years old to use the pools without a parent present in the building. Children ages 10–12 who pass the swim test may use the pool if a parent/supervising guardian is physically on YMCA premises. A parent/supervising guardian must be present at the pool and directly supervising his/her children ages 0–9. Non-swimmers who do not pass the swim test must be within arms length of a parent/supervising guardian.

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