



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR AQUATICS

OUTER BANKS FAMILY YMCA

Winter 2012

January 1–January 31

Indoor Aquatic Center

Operating Hours

Mon.–Fri. 5:00am–8:45pm
Sat. 8:00am–5:45pm
Sun. 1:00–5:45pm

Open Swim

Mon.–Fri. 5:00am–8:45pm
Sat. 8:00am–5:45pm
Sun. 1:00–5:45pm

Swim Meet

The Pool will be closing at 3:00pm on Wednesday January 4th for a Swim Meet.

Lap Swim Key

#L represents the number of lap lanes available at the given time.

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 four participants are subject to cancellation.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 5–6am 6L	Lap Swim 5–6am 6L	Lap Swim 5–6am 6L	Lap Swim 5–6am 6L	Lap Swim 5–6am 6L	Lap Swim 5–6am 6L	Aqua Blast 8:30–9:30am 3L	Open Swim 1–3:30pm 3L
Swim Team 6–7am 1L	Swim Team 6–7am 1L	Swim Team 6–7am 1L	Swim Team 6–7am 1L	Swim Team 6–7am 1L	Swim Team 6–7am 1L	Swim Team 9:30–11:30am 2L	Swim Team 3:30–4:30pm 2L
Aqua Shape 7–8am 3L	Aqua Shape 7–8am 3L	Aqua Shape 7–8am 3L	Aqua Shape 7–8am 3L	Aqua Shape 7–8am 3L	Aqua Shape 7–8am 3L	Swim Lessons 9:30–11:30am 2L	
Open Swim 8–9am 6L	Swim Team COA 8–9am 2L	Open Swim 8–9am 6L	COA 8–9am 4L	Open Swim 8–9am 6L	Open Swim 8–9am 6L	Open Swim 11:30am–5:45pm 3L	
Aqua Blast 9–10am 3L	Aqua Blast 9–10am 3L	Aqua Blast 9–10am 3L	Aqua Blast 9–10am 3L	Aqua Blast 9–10am 3L	Aqua Blast 9–10am 3L		
Aqua Fit 10–11am 3L	Aqua Pilates 10–11am 3L	Aqua Fit 10–11am 3L	Aqua Pilates 10–11am 3L	Aqua Pilates 10–11am 3L	Aqua Fit 10–11am 3L		
Water Arthritis 11–11:45am 3L	Swim Lessons 10:30–11:30am 3L			Swim Lessons 10:30–11:30am 4L			
Open Swim 11:45am–3:30pm 4L	Open Swim 11:30am–2pm 4L	Open Swim 11am–12pm 4L	Open Swim 11:30am–3:30pm 4L	Open Swim 11am–4:30pm 4L			
Swim Lessons 3:30–4:30pm 3L	Water Arthritis 2–2:45pm 3L	Swim Team 12–1pm 2L	Swim Lessons 3:30–4:30pm 3L	Swim Lessons 3:30–4:30pm 3L			
	Open Swim 2:45–3:30pm 4L	Swim Lessons 3:30–4:30pm 3L					
	Swim Lessons 3:30–4:30pm 3L						
Swim Team Swim Lessons 4:30–6:00pm 1L	Swim Team Swim Lessons 4:30–6:00pm 1L	Swim Team Swim Lessons 4:30–6:00pm 1L	Swim Team Swim Lessons 4:30–6:00pm 1L	Swim Team Swim Lessons 4:30–6:00pm 1L	Swim Team Swim Lessons 4:30–6:00pm 1L	Swim Team 4:30–7:30pm 1L	
Swim Team 6:00–7:30pm 1L	Swim Team 6:00–7:30pm 1L	Swim Team 6:00–7:30pm 1L	Swim Team 6:00–7:30pm 1L	Swim Team 6:00–7:30pm 1L	Swim Team 6:00–7:30pm 1L	Open Swim 7:30–8:45pm 3L	
Open Swim 7:30–8:45pm 4L	Aqua Fit 6:15–7:15pm 1L	Open Swim 7:30–8:45pm 4L	Aqua Fit 6:15–7:15pm 1L	Aqua Fit 6:15–7:15pm 1L	COA 7–8:45pm 1L		
	COA 7–8:45pm 1L		COA 7–8:45pm 1L	COA 7–8:45pm 1L			



CLASS DESCRIPTIONS

AQUA CLASSES

Aqua Pilates (All Levels) is Pilates in the water works on elongating the muscles and toning through slow stretching movement, while strengthening. Expect to get your head wet!

Aqua Fit (Level 1) is a great beginner's class for those not familiar with water based exercise. This low impact workout is designed to improve flexibility and posture. Conditioning tools used to strengthen and tone. For those recovering from injury or suffer chronic pain, this is the class for you! Participants should be self sufficient in the water and able to exercise without one-on-one assistance from instructor.

Aqua Shape (Level 1 or 2) Participants will enjoy light aerobic exercise in both shallow and deep water. Special emphasis on stretching, toning, and increasing cardiovascular fitness. Conditioning tools used to strengthen and tone both upper and lower body.

Aqua Blast (Level 2 or 3): A high energy aerobic workout! Participants will work all muscle groups for an overall body workout. Enjoy both shallow water aerobic conditioning and deep water suspension to strengthen and tone abdominals, back, legs, and arms. Get the workout your body needs in a low impact environment.

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.

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.

PORPOISE CLUB

Porpoise Club fills the transition between swim lessons and swim team. Porpoise Club is an advanced swim lesson that works on technique and speed in the four competitive strokes. Must be able to swim 50 yards.

MASTERS' SWIM

Masters' 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 1,000 yards. Participants will also have the opportunity to register for and compete in the Masters' level USSA meets several times each year in various 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.

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.

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.

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