



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

J. SMITH YOUNG YMCA

POOL SCHEDULE * June 2020

SUN	MON	TUES	WED	THURS	FRI	SAT
CLOSED	Pool Hours 7:00am-6:00pm	Pool Hours 7:00am-6:00pm	Pool Hours 7:00am-6:00pm	Pool Hours 7:00am-6:00pm	Pool Hours 7:00am-6:00pm	Pool Hours 7:30am-11:00am
	Water Fitness 9am-10am Jill	Deep Water 9am-10am Lisa	Water Fitness 9am-10am Jill	Deep Water 9am-10am Lisa	Deep Water 9am-10am Lisa	Lap Swim 7am-11am (lanes 1-6)
	Water Fitness 10am-11am Mona	Water Fitness 10am-11am Jill	Water Fitness 10am-11am Mona	Water Fitness 10am-11am Mona	Water Fitness 10am-11am Mona	
	Open swim is not available	Open swim is not available	Open swim is not available	Open swim is not available	Open swim is not available	
	Lap Swim 7am-9am (Lanes 1-6) 9am-11am (lane 6) 11am-6pm (lanes 1-6)	Lap Swim 7am-9am (Lanes 1-6) 9am-11am (lane 6) 11am-6pm (lanes 1-6)	Lap Swim 7am-9am (Lanes 1-6) 9am-11am (lane 6) 11am-6pm (lanes 1-6)	Lap Swim 7am-9am (Lanes 1-6) 9am-11am (lane 6) 11am-6pm (lanes 1-6)	Lap Swim 7am-9am (Lanes 1-6) 9am-11am (lane 6) 11am-6pm (lanes 1-6)	

Storm Closing Policy: Pool will be closed during thunderstorms for 30 minutes after the last sound of thunder for your safety
Reservations are required to reserve a lane or a spot in a water fitness class. Reservations can be made up to 24 hours in advance
Showers are required prior to entering the pool

Swimmer Guidelines

- Children under 18 must have a parent or guardian in the pool with them at all times.
- We ask that you maintain a six foot social distance from other members at all times
- Only one person may be in a lane at any given time
- Appropriate swim attire must be worn at all times in the pool. Jeans and tennis shoes are not permitted in the pool.

Water Classes

- **Deep Water:** This class encompasses cardio, strength and tone movements, resistance training, and fun in deep water. Deep Water participants will also have the option to incorporate treading or treading with belt assistance to intensify shallow water movements in deep water.
- **Water Fitness:** This class encompasses cardio, strength and tone movements, resistance training, and fun all in a one hour session held in the shallow end of the pool.
- **Aqua Zumba:** This class encompasses cardio, strength and tone movements, all while having fun and dancing with some upbeat music in a one hour session held in the shallow end of the pool.