

# Pool Schedule

## Hillcrest Family YMCA

# July Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-9 AM Adult-Teen Open/Lap Swim	6-9 AM Adult-Teen Open/Lap Swim	6-9 AM Adult-Teen Open/Lap Swim	6-9 AM Adult-Teen Open/Lap Swim	6-12:40 PM Adult-Teen Open/Lap Swim	8-12 PM Adult-Teen Open/Lap Swim	
9-9:45 AM Aqua Fit Pool Closed	9-9:45 AM Aqua Fit Pool Closed	9-9:45 AM Aqua Fit Pool Closed	9-9:45 AM Aqua Fit Pool Closed	12:40-2:40pm POOL CLOSED		9-1 PM Adult-Teen Open/Lap Swim
10am-12:40 Adult-Teen Open Lap	10am-12:20 Family Open Lap Swim	10am-12:40 Adult-Teen Open Lap	10am-12:20 Family Open Lap Swim	12:40-2:40pm POOL CLOSED		
<u>12:40-1:00pm</u> <u>Pool Closed</u> <u>Lifeguard</u> <u>break</u>	<u>12:20-3:30pm</u> <u>Pool</u> <u>Closed</u>	<u>12:40-1:00pm</u> <u>Pool Closed</u> <u>Lifeguard</u> <u>break</u>	<u>12:20-3:30pm</u> <u>Pool Closed</u>	<u>12:40-2:40pm</u> <u>POOL</u> <u>CLOSED</u>		
1:00pm-4:30pm Open Lap  2:00pm-2:40 Instructors Need Half Pool for Swim Lessons \$	2:30-3:30pm Aqua Arthritis Pool Closed  3:30-4:30PM Open Swim	1:00pm-4:30pm Open Lap  2:00pm-2:40 Instructors Need Half Pool for Swim Lessons \$	2:30-3:30pm Aqua Arthritis Pool Closed  3:30-4:30pm Open Swim	2:50-4:30pm Open Swim	12-1:00PM Water Discovery \$ POOL CLOSED	
4:30-7:20pm Swim Lessons \$	4:30-7:20pm Swim Lessons \$	4:30-7:20pm Swim Lessons \$	4:30-7:20pm Swim Lessons \$	4:30-7:20pm Swim Lessons \$	1:00-2PM Family Open/ Lap Swim	
7:30-8:30PM Family/Open Lap Swim	7:30-8:15PM Aqua Fit Pool Closed	7:30-8:30PM Family/Open Lap Swim	7:30-8:15PM Aqua Fit Pool Closed	7:30-8:30pm Open / Lap Swim		
	<u>Pool Closed</u> <u>8:15-8:30pm</u>		<u>Pool Closed</u> <u>8:15-8:30pm</u>	<b>Open Swim is not Available During Classes/ Lessons</b> <b>July 4th Pool Open from 8am-12pm (NO AQUA FIT CLASS)</b> <b>July 17th Pool Closed from 12:50pm-2:50pm</b>		

**A Water Discovery age 6-18 months**

Introduces infants and toddler along with parent to the aquatic environment. This class is WITH the parent in the water with the child. Parent/Child class

**B Water Exploration age 18-36 months**

Focuses on exploring body positions, blowing bubbles as well as fundamental safety and aquatic skills. This class is parent and child in the water together.

**Preschool (Ages 3-5) Level 1: Water Acclimation**

Beginner level: This class will utilize the shallow play pool to help kids to be comfortable in the water and will include 20 minutes of instruction and 10 minutes of structured play time. Focus on safety, learning to "ask", enter/exit pool safely, front/back float with assistance, roll from front to back with assistance, front/back glide with assistance.

**Preschool (Ages 3-5) Level 2: Water Movement**

Adv. Beginner level: Focus on safety, learning to "ask", enter/exit pool safely, front/back float, roll from front to back, front/back glide, submerge, tread water

**Preschool (Ages 3-5) Level 3: Water Stamina**

Intermediate: Focus on safety, learning to "ask", introduction to front crawl & back crawl, perfect roll from front to back, tread water for 1 minute, retrieve object in chest deep water

**Preschool (Ages 3-5) Level 4: Stroke Introduction**

Pre-swim team: Focus on safety, learning to "ask", front crawl & back crawl, elem. backstroke, intro to breaststroke and butterfly, tread water for 1 minute, sitting dive

**School Age (ages 6-12) Level 1: Water Acclimation**

Beginner level: Focus on safety, learning to "ask", enter/exit pool safely, front/back float, roll from front to back, front/back glide, submerge, tread water (all with assistance as needed)

**School Age (ages 6-12) Level 2: Water Movement**

Beginner: Focus on safety, learning to "ask", enter/exit pool safely, front/back float with help, roll from front to back with help, front/back glide with help.

**School Age (ages 6-12) Level 3: Water Stamina**

Intermediate: Focus on safety, learning to "ask", introduction to front crawl & back crawl, perfect roll from front to back, tread water for 1 minute, retrieve object in chest deep water

**School Age (ages 6-12) Level 4: Stroke Introduction**

Intermediate: Focus swimming proficiently, front crawl & back crawl, elem. backstroke, intro to breaststroke and butterfly, tread water for 1 minute, sitting dive

**School Age (ages 6-12) Level 5: Stroke Development**

Advanced: Focus on swimming proficiently, front crawl & back crawl for 25 yds, sidestroke, breaststroke and butterfly, tread water for 1 minute, kneeling dive

**School Age (ages 6-12) Level 6: Stroke Mechanics**

Pre-Swim Team: Focus on swimming proficiently, front crawl & back crawl for 50 yds, sidestroke, breaststroke and butterfly, tread water for 1 minute, standing dive, competition skills like flip turns.

**Hillcrest Family YMCA**

5000 Mayfield Road, Lyndhurst, OH 44124

P (216) 382-4300 clevelandymca.org