

# Pool Schedule Hillcrest Family YMCA

**December 1st - 21st**

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	6-1:20 PM Adult-Teen Open/Lap Swim	8-11:40 AM Adult-Teen Open/Lap Swim	
9-10:00 AM Aqua Fit Pool Closed	9-10:00 AM Aqua Fit Pool Closed	9-10:00 AM Aqua Fit Pool Closed	9-10:00 AM Aqua Fit Pool Closed			
10-12:40 PM Adult-Teen Open/Lap Swim	10-12:00 PM Adult-Teen Open/Lap Swim	10-12:40 PM Adult-Teen Open/Lap Swim	10-12:00 PM Adult-Teen Open/Lap Swim	1:30-2:05PM Adult Swim Lessons \$	11:40-12:00PM Pool Close	
12:40-1:00PM Pool Closed	12:00 - 1:45 PM Group Swim Lessons	12:40-1:00PM Pool Closed	12:00-1:45 PM Group Swim Lessons	2:10 -4:20pm Open Swim		
1:05-4:20 PM Adult-Teen Open/Lap Swim	2:00-3:00PM Aqua Arthritis Pool Closed	1:05-4:20 PM Adult-Teen Open/Lap Swim	2:00-3:00PM Aqua Arthritis Pool Closed	4:30-7:20 PM Group Swim Lessons \$	12:00-1:00PM Parent/Infant \$	
4:30-7:20 PM Group Swim Lessons \$	3:05-4:20 PM Adult-Teen Open/Lap Swim	4:30-7:20 PM Group Swim Lessons \$	3:05-4:20 PM Adult-Teen Open/Lap Swim			
7:30-8:30 PM Family/Open Lap Swim	4:30-7:20 PM Group Swim Lessons \$	7:30-8:30 PM Family/Open Lap Swim	4:30-7:20 PM Group Swim Lessons \$	7:30-8:30 PM Family/Open Lap Swim	1:05-2 PM Family - Open/Lap Swim	
	7:30-8:15PM Aqua Fit Pool Closed		7:30-8:15PM Aqua Fit Pool Closed			
	<u>Pool Closed</u> 8:15-8:30pm		<u>Pool Closed</u> 8:15-8:30pm			
				<b><u>NO OPEN SWIM DURING ANY CLASSES/LESSONS</u></b>		



## **A. Water Discovery ages 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 ages 18-36 months**

Focuses on exploring body positions, blowing bubbles as well as fundamental safety and aquatic skills. This class WITH the parent in the water with the child. Parent/Child class.

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

Beginner level: This class will utilize the shallow water to help kids be comfortable in the water and will include 25 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**

Avd. 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.

## **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", enter/exit pool safely, introduction to front & 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/back crawl, elementary back stroke, intro to breast stroke and butterfly, tread water for 1 minute, sitting dive.

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

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