

Pool Schedule Hillcrest Family YMCA

January 1st - 31st

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

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.