



O'Fallon Pool Schedule

April 11-May 28, 2017

****Subject to change without notice**

***current as of April 11, 2017

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
YMCA Opens @ 12:00 pm	Lap Swim 5:30-8:25am(5)	Lap Swim 5:30-8:25am(5)	Lap Swim 5:30-8:25am(5)	Lap Swim 5:30-8:25am(5)	Lap Swim 5:30-8:25am(5)	Lap Swim 7:00-8:25am(5)	
	Aqua Tone/Private Lessons 8:30-9:15am(1)	Aquacise/Private Lessons 8:30-9:15am(1)	Aquacise/Private Lessons 8:30-9:15am(1)	Aquacise/Private Lessons 8:30-9:15am(1)	Aqua Tone/Private Swim 8:30-9:15am(1)	Aqua Aerobics 8:30-9:15am(1)	
	Deep Water Run/Swim Lessons 9:20-10:05am(1)	Water Walk/Deep Water/Private Lessons(1) 9:20-10:05am	Water Walk/Deep Water/Private Lessons(1) 9:20-10:05am	Water Walk/Deep Water/Private Lessons(1) 9:20-10:05am	Water Walk/Deep Water/Private Lessons(1) 9:20-10:05am	Deep Water/Private Swim Lessons(1) 9:20-10:05am	Swim Lessons 9:25-11:00a(0)
	Adult Swim 10:15-11:00am(3)	Swim Lessons 10:15-11:00a(3)	Lap Swim 10:15-11:00am (2)	Swim Lessons 10:15-11:00a(3)			Swim Lessons 11:00am-12:00pm(0)
Lap Swim/Private Lessons 12:00-1:10p(3)	Lap Swim/Parent-Child Free Swim 11:00-1:50p(4)	Lap Swim/Parent Child Free Swim 11:00-12:00p(5)	Lap Swim/IL Center of Autism Swim 11:00-12:50pm(1)	Lap Swim 11:00-12:00p(5)	Lap Swim/Parent-Child Free Swim 10:05am-1:00pm(4)		
Swim Lessons 1:10-4:00p(0)	Swim Lessons 2:00-3:00pm(0)	School Swim 12:00-2:15pm(0)	Lap Swim/Parent-Child Free Swim/ Swim Lessons 1:00-4:25pm(3)	School Swim 12:00-2:00pm (0)	Lap Swim/Open Swim 1:00-3:40pm(3)	Lap Swim 12:00-12:50p(4)	
	Open Swim 3:00-4:25pm(4)				Open Swim/Lap Swim 3:40-4:10pm(3)		Open Swim/Pool Parties/Scuba 1:00-5:45pm(1)
	Aqua Aerobics 4:30-5:15pm(3)	Private Swim Lessons/Lap Swim/Aqua Lungs 2:15-5:15(2)	Private Swim Lessons/Lap 3:40-4:25pm(2)	Private Swim/Lap Swim/Aqua Lungs 2:00-5:15pm(3)	Swim Lessons 4:15-5:00pm(0)		
Open Swim/Pool Parties/Scuba 3:00-5:45pm(1)	Swim Lessons 5:20-7:00pm(0)	Lap Swim 3:15-5:15pm(2)	Private Lessons/Aqua Aerobics 4:30-5:15pm(1)	Swim Lessons 5:20-7:00pm(0)	Barracuda Club/Teen Lessons/Mermaid Swim 5:10-5:55pm(0)		
	Aqua Aerobics/Adult Lessons/Barracuda 7:10-7:55pm(0)	Swim Lessons 5:20-7:00pm(0)	Swim Lessons/Barracuda Club 5:20-8:00pm(0)	Aqua Aerobics/Open Swim 7:10-7:55pm(2)	Open Swim/Pool Parties 6:00-8:30pm(1)	YMCA Closes @ 6pm	
YMCA closes @ 6pm	Open Swim 8:00-9:30pm(2)	Aqua Aerobics/Open Swim/Scuba 7:10-9:30pm(1)	Open Swim 8:00-9:30pm(3)	Lap Swim/Open Swim/Scuba World 8:00-9:30pm(2)			YMCA closes @ 9pm

- (#)= Lap lanes available for use.
- Swimmers should ALWAYS share available lap lanes - **circle swim will be enforced when there are more than 2 swimmers in a lane.**
- Private swim lessons will be conducted when the pool is open, but will not use more than 1/2 of the available lap swim space.
- Kickboards, fins, and pull buoys are for use by lap swimmers only. Jogging belts are for adults only and are not a lifesaving device - non-swimmers should remain in shallow end.
- 1 lane may be available for recreational (non-lap) swim when no programs are scheduled (i.e., when only Lap Swim is scheduled).
- **Children under 13- see swim test guidelines on back to determine presence on pool deck.**
- US Coast Guard Approved **MUST** be used. Parent/Adult should remain within arms' length of children using floatation, and stay in shallow end.
- Showering before using the pool is **REQUIRED**. Appropriate swimwear should be worn; swim diapers are required for infants.
- Respect and obey the Lifeguard at all times. Lifeguards reserve the right to enforce a personal floatation device to ensure safety.
- Please refer to complete Pool Rules posted in the pool area!
- The sauna can be utilized when the pool is open, but will open late on Wednesdays for weekly cleaning. The sauna will be closed when the pool is closed.
- Parent-Child free swim is designed for children 5 and under. Responsible must be within arms reach of child while in pool.



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Aquatic Fitness Class Descriptions

AQUACISE A total body aerobics workout in chest-deep water using gentle stretches, wall exercise, kick boards and floatation noodles.

AQUA TONE A fitness class held in shallow water using water & exercise equipment to provide resistance to movement. Class emphasizes muscle strengthening, muscle endurance and flexibility.

WATER WALKING The class is for persons of all ages. Exercises are slower moving, gentle to improve joint movement, balance, endurance and strength. All water walking exercises are performed in shallow water.

AQUA AEROBICS A total body workout using quick-paced toning exercises. This class is for people at any fitness level and includes warm-up, stretching, and cool down exercises. This is a great cardiovascular workout.

DEEP WATER RUNNING Aerobic exercise performed in the deep end of pool. This class is excellent for general fitness. Class includes warm up, stretching, aerobics and cool down.

AQUA LUNGS is designed to improve balance, strength, and endurance. The exercises are gentle and slow. This class is run through Memorial Hospital's Pulmonary Rehabilitation Department.

Swim Test Guidelines

13 years and above

-Any swimmer exhibiting weak swim skills may be given a YMCA administered skills test in order to be allowed to swim in water that is deeper than their underarms. Please respect the lifeguards decision, we reserve the right to ask any swimmer unfit to swim independently to put on a flotation device.

6 months- 12 years

-Children 5 years of age and younger must have an adult (18 years of age or older) in the water within 5ft at all times, no matter the child's swimming ability and must stay in the shallow end.

-Children 6-12 years of age who cannot pass the swim test require an adult (18 years of age or older) in the water with the child within 5ft at all times. The supervising adult must be in appropriate swimming attire.

-Children 6 & 7 years of age and are able to pass the swim test are required to have a supervising adult (18 years of age or older) on deck at all times.

-Children 8-12 years of age who pass the swim test require an adult (18 years of age or older) to be in the YMCA facility at all times.

- **Lifeguards reserve the right to enforce parents to put a flotation device on their child if the he/she deems necessary.**
- **The YMCA Backpack floats are strictly prohibited for personal use and/or instruction.**