



O'Fallon Pool Schedule

Effective March 30, 2016– April 11, 2016
(Subject to change without notice)

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 8:30-9:15am(1)	Aquacise 8:30-9:15am(1)	Aquacise 8:30-9:15am(1)	Aquacise 8:30-9:15am(1)	Aqua Tone 8:30-9:15am(1)	Aqua Aerobics 8:30-9:15am(2)
	Deep Water Run 9:20-10:05am(1)	Water Walk/ Deep Water(1) 9:20-10:05am	Water Walk/ Deep Water(1) 9:20-10:05am	Water Walk/ Deep Water(1) 9:20-10:05am	Deep Water(1) 9:20-10:05am	Swim Lessons 9:25-11:00a(0)
	Adult Swim/ Swim Lessons 10:15-11:00a(2)	Swim Lessons 10:15-11:00a(3)	Adult Swim 10:15-11:00am(3)	Swim Lessons 10:15-11:00a(4)	Adult Swim 10:15-11:00am (3)	Open Swim 11:00am- 12:00pm(3)
Lap Swim/ Tri Training 12:00-1:10p(3)	Adult Swim 11:00-12:50p(4)	Lap Swim 11:00-12:10p(5) Aqua Lungs 12:10-12:55p(3)	Lap Swim 11:00-12:50pm(5) Aqua Lungs 12:10-12:55p(3)	Lap Swim 11:00am- 12:50pm(5)		
Swim lessons 1:15-3:00pm(0)	Swim Lessons (Homeschool) 1:00-2:00pm(0)		Central 1:00-1:55 (0)		Open Swim 1:00-4:00pm(3)	Lap Swim 12:00-12:50p(5)
	Open Swim 2:00-4:25pm(3)		Open Swim 2:00-4:25pm(3)	Central 1:00-1:55 (0)		Open Swim/ Pool Parties 1:00-5:45pm(1)
	Aqua Aerobics/ Barracuda Club 4:30-5:15pm(0)	Open Swim 1:00-5:15pm(3)	Aqua Aerobics 4:30-5:15pm(2)	Open Swim 2:00-5:15pm(3)	Swim Lessons 4:15-5:00pm(0)	
Open Swim/ Pool Parties 3:00-5:45pm(1)	Swim Lessons 5:20-7:00pm(0)	Swim Lessons 5:20-7:00pm(0)	Swim Lessons 5:20-7:00pm(3)	Swim Lessons 4:30-7:00pm(0)	Barracuda Club 5:10-5:55pm(3)	
	Aqua Aerobics/ Swim Lessons 7:10-7:55pm(1)	Aqua Aerobics/ Open Swim 7:10-7:55pm(2)		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(3)	Open Swim/ Scuba World 8:00-9:30pm(1)	Open Swim/ OUSART 7:00-9:30pm(2)	Open Swim/ Scuba World 8:00-9:30pm(1)		
	YMCA Closes @ 10pm				YMCA closes @ 9pm	

- (#)= Lap lanes available for use.
- Scuba World will utilize 2 lap lanes during the 8–9:30p time, the lifeguard will add an additional lane if needed
- Swimmers should ALWAYS share available lap lanes – please circle swim during peak pool usage times.
- Private swim lessons may be conducted during lap swim time, but will not use more than 1/3 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.**
- Only US Coast Guard floatation should be used. Parent/Adult guardian should remain within arms' length of children using floatation, and stay in shallow end.
- PLEASE shower before using the pool. Appropriate swimwear should be worn; swim diapers are required for infants.
- Respect and obey the Lifeguard at all times.
- Please refer to complete Pool Rules posted in the pool area!



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.

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.
- 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.