



**YMCA OF  
GREATER NEW YORK**  
Where there's a Y,  
there's a way.

# POOL SCHEDULE

## SPRING 1/ SESSION 2: 2/24-4/26/20

(as of 2.21.20)

**Please note:**  
One Lap Lane may be closed each day between the hours of 2 pm and 8 pm.



	Child Watch (Mon) 7:45 AM-9:45 AM	Child Watch (Tues) 6:15 PM-8:30 PM	Child Watch (Wed) 7:45 AM-9:45 AM	Child Watch 6:15 PM-8:30 PM		Child Watch (Sat) 8:45AM-1:15PM	
	MON	TUES	WED	THURS	FRI	SAT	SUN
6AM	Adult Lap 6 - 8 AM	Adult Lap 6 - 8 AM	Adult Lap 6 - 8 AM	Adult Lap 6 - 8 AM	Adult Lap 6 - 8 AM	Adult Lap 7:30-9AM	Adult Lap 8 AM-9:15AM
7AM	Pool Closed   15 Minutes	Pool Closed   15 Minutes	Pool Closed   15 Minutes	Pool Closed   15 Minutes	Pool Closed   15 Minutes	Pool Closed   15 Minutes	Pool Closed   15 Minutes
8AM	Adult Lap 8:15 - 9:45 AM	Adult Lap 8:15 - 10 AM	Adult Lap 8:15 - 9:45 AM	Adult Lap 8:15 - 10 AM	Adult Lap 8:15 - 9:45 AM	A/ Water Discovery Ages 6-18 months 9:15-9:45 AM	Gym & Swim Starters A/ Water Discovery Ages 6-18 months 9:30 - 10 AM (Studio A 10:15-10:45 AM)
9AM	Pool Closed   15 Minutes	Pool Closed   30 Minutes	Pool Closed   15 Minutes	Pool Closed   30 Minutes	Pool Closed   15 Minutes	Pool Closed   15 Minutes	Pool Closed   15 Minutes
10AM	Water Aerobics 10 - 10:50 AM	Adult Lap 10:30 AM-12 PM	Water Aerobics 10 - 10:50 AM	Adult Lap 10:30 AM - 12 PM	Water Aerobics 10-10:55 AM	Art & Swim Starters B/ Water Exploration Ages 18-36 months 10-10:30 AM (Art 9:15-9:45AM-Studio B)	1/Water Acclimation with Parent Ages 3-5 10-10:30 AM
11AM	Pool Closed   10 Minutes	Pool Closed   15 Minutes	Pool Closed   10 Minutes	Pool Closed   15 Minutes	Pool Closed   30 Minutes	Pool Closed   10 Minutes	Pool Closed   10 Minutes
12N	Adult Lap 11 AM - 12 PM	Adult Lap 12:15-2 PM	Adult Lap 12:15 PM - 2 PM	Adult Lap 12:15 PM - 2 PM	Adult Lap 12:30 -2:30 PM	1/Water Acclimation Ages 3-5 10:40-11:10 AM	1/Water Acclimation Ages 3-5 10:40-11:10 AM
1PM	Pool Closed   15 Minutes	Pool Closed   15 Minutes	Pool Closed   15 Minutes	Pool Closed   15 Minutes	Pool Closed   15 Minutes	2/ Water Movement Ages 3-5 10:40-11:10 AM	2/Water Movement Ages 3-5 11:20-11:50 AM
2PM	Gym & Swim Starters B/ Water Exploration Ages 18-36 months 12:15-12:45PM (Studio B 1-1:30 pm)	Adult Lap 12:15-2 PM	Adult Lap 12:15 PM - 2 PM	Adult Lap 12:15 PM - 2 PM	Adult Lap 12:30 -2:30 PM	Pool Closed   10 Minutes	3/Water Stamina Ages 3-5 12 PM-12:30 PM
3PM	Pool Closed   15 Minutes	Pool Closed   15 Minutes	Pool Closed   15 Minutes	Pool Closed   15 Minutes	Pool Closed   15 Minutes	Pool Closed   10 Minutes	Pool Closed   10 Minutes
4PM	Adult Lap 1 PM-2 PM	Pool Closed   15 Minutes	Pool Closed   15 Minutes	Pool Closed   15 Minutes	High School Swim Program 2:30 - 3:30 PM	2/ Water Movement Ages 3-5 11:20-11:50 AM	Swim Basics/ 1/Water Acclimation Adults 12:40-1:25 PM
5PM	Pool Closed   15 Minutes	Adult Lap 2:15 - 3:15 PM	Adult Lap 2:15 - 3:15 PM	Adult Lap 2:30 - 3:15 PM	Pool Closed   15 Minutes	3/ Water Stamina Ages 3-5 11:20-11:50 AM	Swim Basics/ 2/Water Movement Adults 12:40-1:25 PM
6PM	Family, Youth & Private Swim 2:15 - 3:15 PM	Pool Closed   15 Minutes	Pool Closed   15 Minutes	Pool Closed   15 Minutes	Pool Closed   15 Minutes	5/Stroke Development Ages 5-12 12-12:45 PM	Pool Closed   5 Minutes
7PM	Pool Closed   15 Minutes	1/Water Acclimation Ages 3-5 3:30-4 PM	1/Water Acclimation Ages 3-5 3:30-4 PM	2/Water Movement Ages 3-5 3:30-4 PM	Family, Youth & Private Swim 3:45-6 PM	1/Water Acclimation Ages 5-12 12:45 -1:30 PM	Pool Closed   15 Minutes
8PM	Y Afterschool Program Swim Lessons 3:30-4:15 PM	Pool Closed   10 Minutes	Pool Closed   10 Minutes	Pool Closed   10 Minutes	Pool Closed   10 Minutes	2/Water Movement Ages 5-12 12:45 -1:30 PM	Pool Closed   15 Minutes
9PM	Pool Closed   15 Minutes	2/Water Movement and 4/Stroke Intro Ages 3-5 4:10-4:40 PM	3/Water Stamina Ages 5-12 4:10-4:55 PM	2/Water Movement Ages 5-12 4:10-4:55 PM	Pool Closed   30 Minutes	4/ Stroke Introduction Ages 5-12 12:45 -1:30 PM	Family, Youth & Private Swim 1:30-3:15 PM
10PM	6/ Stroke Mechanics Ages 5-12 4:30-5:15 PM	Pool Closed   10 Minutes	Pool Closed   10 Minutes	Pool Closed   10 Minutes	Pool Closed   10 Minutes	Pool Closed   5 Minutes	Pool Closed   15 Minutes
11PM	Pool Closed   15 Minutes	3/Water Stamina Ages 3-5 4:50-5:20 PM	4/Stroke Intro Ages 5-12 5:05-5:50 PM	5/ Stroke Dev. Ages 5-12 5:05-5:50 PM	Adult Lap 6:30-8PM	3/Water Stamina Ages 5-12 1:35-2:20 PM	Pool Party Rental 3:30-4:30PM
12AM	Pool Closed   15 Minutes	Pool Closed   10 Minutes	Pool Closed   10 Minutes	Pool Closed   10 Minutes	Pool Closed   10 Minutes	4/Stroke Intro Ages 5-12 1:35-2:20 PM	Pool Closed   15 Minutes
1AM	Family, Youth & Private Swim 5:30-6:55 PM	Aquatics Condition- ing (ages 9-17)/ Private Swim Lessons 5:30-6:50PM	Family, Youth & Private Swim 6-6:55 PM	5/ Stroke Dev. Ages 5-12 6-6:45 PM	Pool Closed   15 Minutes	Pool Closed   10 Minutes	Pool Closed   15 Minutes
2AM	Pool Closed   10 Minutes	Pool Closed   10 Minutes	Pool Closed   10 Minutes	Pool Closed   10 Minutes	Water Aerobics 7-8 PM	2/Water Movement Ages 5-12 2:30-3:15PM	Adult Lap 4:45-6 PM
3AM	4/ Stroke Introduction Adults 7 - 7:45PM	Water Aerobics 7-8 PM	5/ Stroke Dev. Adult 7 - 7:45PM	Water Aerobics 7-8 PM	Pool Closed   15 Minutes	4/Stroke Intro Ages 5-12 2:30-3:15PM	Pool Closed   15 Minutes
4AM	Pool Closed   15 Minutes	Pool Closed   15 Minutes	Pool Closed   15 Minutes	Pool Closed   15 Minutes	Pool Closed   15 Minutes	Pool Closed   15 Minutes	Pool Closed   15 Minutes
5AM	Water Aerobics 8-8:55 PM	Adult Lap 8:15 - 10PM	Water Aerobics 8-8:55 PM	Adult Lap 8:15 - 10PM	Adult Lap 8:15 - 10PM	Family, Youth & Private Swim 3:30 PM-5 PM	Adult Lap 4:45-6 PM
6AM	Adult Lap 9 - 10PM	Adult Lap 8:15 - 10PM	Adult Lap 9 - 10PM	Adult Lap 8:15 - 10PM	Adult Lap 8:15 - 10PM	Pool Closed   15 Minutes	Pool Closed - 6 PM
7AM	Adult Lap 9 - 10PM	Adult Lap 8:15 - 10PM	Adult Lap 9 - 10PM	Adult Lap 8:15 - 10PM	Adult Lap 8:15 - 10PM	Adult Lap 5:30 PM-6:30PM	Pool Closed - 6 PM



# STAGE DESCRIPTIONS

## SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision,



### A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



### B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

## SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills;

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



### 1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



### 2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



### 3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

## SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



### 4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



### 5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



### 6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

#### Note:

- Everyone must shower before entering the pool.
- Swim caps are required to swim.
- Shoes are not allowed on the pool deck.
- Swimsuits are required in the pool.

**HAVE MORE QUESTIONS?** Our front-desk staff is available to answer any questions about the swim lessons program.