



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL BREAK SCHEDULE

WEEK OF AUG 31-SEPT 7

(as of 8.21.26)

Please note:
Swim caps must
be worn in pool
at all times.

NEED FINANCIAL ASSISTANCE? JUST ASK. | **Changes/ additions in red.**

MON 8/31	TUES 9/1	WED 9/2	THURS 9/3	FRI 9/4	SAT 9/5	SUN 9/6	MON 9/7
Adult Lap Swim 6:30 - 7:30 AM	Adult Lap Swim 6:30 - 8 AM	Adult Lap Swim 6:30 - 7:30 AM	Adult Lap Swim 6:30 - 8 AM	BRANCH CLOSED	Lap Swim Adults & Teens (Ages 12+) 8 AM-9:30 AM	Lap Swim Adults & Teens (Ages 12+) 8 AM-9:30 AM	Adult Lap Swim 6:30 - 7:30 AM
Pool Closed 30 Minutes	Pool Closed 30 Minutes	Pool Closed 30 Minutes	Pool Closed 30 Minutes				Pool Closed 30 Minutes
Adult Lap Swim 8 - 9 AM	Adult Lap Swim 8:30 - 10 AM	Adult Lap Swim 8 - 9 AM	Adult Lap Swim 8:30 - 9:45 AM		Pool Closed 30 Minutes	Pool Closed 30 Minutes	Adult Lap Swim 8 - 9 AM
Pool Closed 30 Minutes	Pool Closed 30 Minutes	Pool Closed 30 Minutes	Pool Closed 15 Minutes		A/ Water Discovery Ages 6-18 months 10-10:30 AM MAKE-UP CLASS	Lap Swim Adults & Teens (Ages 12+) 10 AM-11:30 AM	Pool Closed 30 Minutes
Adult Recreation (no lane lines) 9:30 - 10:30 AM	Adult Recreation (no lane lines) 10:30 - 11:30 AM	Adult Recreation Swim (no lane lines) 9:30 - 10:30 AM	Adult Recreation (no lane lines) 10 - 12 PM		1/ Water Acclimation Ages 5-12 10:30 - 12 PM MAKE-UP CLASS		Adult Recreation (no lane lines) 9:30 - 10:30 AM
Water Aerobics 10:30 - 11:20 AM (+10 min cool down) Maria C.		Water Aerobics 10:30 - 11:20 AM (+10 min cool down) Maria C.			4/ Stroke Intro 5/ Stroke Developmt Ages 5-12 12 - 12:45 PM MAKE-UP CLASS	Pool Closed 30 Minutes	Water Aerobics 10:30 - 11:20 AM (+10 min cool down) Maria C.
Pool Closed 30 Minutes	Pool Closed 30 Minutes	Pool Closed 30 Minutes	Pool Closed 30 Minutes		Family Recreation Swim 12 PM-12:45 PM		Pool Closed 30 Minutes
Adult Lap Swim 12 - 3 PM	Adult Lap Swim 12 PM - 2 PM	Adult Recreation (no lane lines) 12 - 1 PM	Adult Lap Swim 12:30 - 2:30 PM		Family Recreation Swim 12:45 PM-1:30 PM		Adult Lap Swim 12 - 3 PM
		Pool Closed 30 Minutes			Family Recreation Swim 1 - 1:45 PM	Pool Closed 15 Minutes	
Pool Closed 15 Minutes	Pool Closed 60 Minutes	Pool Closed 30 Minutes	Pool Closed 30 Minutes		Family Recreation Swim 1:45 PM-2:30 PM	Pool Closed 15 Minutes	
Adult Recreation (no lane lines) 3:15-4:30 PM	Family Recreation Swim 3 - 4 PM	Safety Around Water Youth w/ Parent Ages 3-5 3:30-4 PM	Family Recreation Swim 3 - 4 PM		Private Lessons 2:45 - 3:15 PM	FREE Swim Evaluations 1st come, 1st serve 2:45 - 3:15 PM	
Family Recreation Swim 4:30-5:15 PM	Family Recreation Swim 4-5 PM	Safety Around Water Youth Ages 3-5 4 PM-4:30 PM	Family Recreation Swim 4:15-5 PM		Pool Closed 15 Minutes	Pool Closed 15 Minutes	
Family Recreation Swim 5:15-6 PM	Pool Closed 15 Minutes	Safety Around Water Youth Ages 5-12 4:30 PM-5 PM	Private Lessons/30 min 3:30-4:00 PM 4:00-4:30 PM 4:30-5:00 PM 5:00-5:30 PM		Family Recreation Swim 3:30 - 4:15 PM	POOL PARTY RESERVATIONS 3:30-4:30 PM	
Water Aerobics Gentle 6 - 7 PM	Adult Recreation (no lane lines) 5:15-7:30 PM	Safety Around Water Youth Ages 5-12 4:45 PM-5:30 PM	Pool Closed 30 Minutes		Family Recreation Swim 4:15 - 5 PM	Pool Closed 15 Minutes	
Water Aerobics Advanced 7 - 8 PM		ADULT FREE TRIAL CLASS 6 PM-7 PM	Water Aerobics Gentle 6 PM - 7 PM		Pool Closed 30 Minutes	Pool Closed 30 Minutes	
Pool Closed 15 Minutes	Pool Closed 30 Minutes	Pool Closed 30 Minutes	Pool Closed 30 Minutes		Lap Swim Adults & Teens (Ages 12+) 5:30-7 PM	Lap Swim Adults & Teens (Ages 12+) 6-7:30 PM	
Lap Swim Adults & Teens (Ages 12+) 8:15 PM - 9 PM	Lap Swim Adults & Teens (Ages 12+) 8 PM - 9 PM	Lap Swim Adults & Teens (Ages 12+) 7:30 PM - 9 PM	Lap Swim Adults & Teens (Ages 12+) 7:30 PM - 9 PM		Pool Closed	Pool Closed	
Adult Lap Swim 9 PM-10 PM	Adult Lap Swim 9 PM - 10 PM	Adult Lap Swim 9 PM - 10 PM	Adult Lap Swim 9 PM - 10 PM				

LABOR DAY
YMCA
CLOSES AT
3PM



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.



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 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



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.

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.

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.