



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATIC SCHEDULE

HILLTOP FAMILY YMCA

SPRING 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim 5-6am 5L	Lap Swim 5-6am 5L	Lap Swim 5-6am 5L	Lap Swim 5-6am 5L	Lap Swim 5-6am 5L	Lap Swim 7-11:45am 3L	Lap Swim 8am- 4:45pm 3L
CHC Swim Team 6-7:30am 3L	TIDE Swim Team 6-7:30am 3L	CHC Swim Team 6-7:30am 3L	TIDE Swim Team 6-7:30am 3L	CHC Swim Team 6-7:30am 3L	Open Swim 7- 11:45pm 2L	Open Swim 8am- 4:45pm 2L
Lap Swim 6-7:30am 2L	Lap Swim 6-7:30 2L	Lap Swim 6-7:30am 2L	Lap Swim 6-7:30am 2L	Lap Swim 7:30- 9am 5L	Lap Swim 11:45am-5:45pm 2L	
Lap Swim 7:30- 9am 5L	Lap Swim 7:30-9am 5L	Lap Swim 9am- 1pm 2L	Lap Swim 7:30am- 9am 5L	Lap Swim 9am- 1pm 2L	Water in Motion 11-11:30am 3L	
Lap Swim 9am- 1pm 2L	Lap Swim 9am- 1pm 2L	Water Exercise 9-9:45am 3L	Lap Swim 9-1pm 2L	Water Exercise 9-9:45am 3L	Open Swim 11:45am- 5:45pm 3L	
Gentle Water Exercise 9-9:45am 3L	Water Fit 9-9:45am 3L	Swim Lessons 10-12pm 1L	Water Fit 9-9:45am 3L	Water Exercise 10-11:00am 3L		
Swim Lessons 10-12pm 1L	Aqua Tai Chi 10-10:45am 3L	Water in Motion 10-10:30am 3L	Swim Lessons 10am- 12pm 1L	Sentara Aquafit 12 -1pm 3L		
Water in Motion 10-10:30am 3L	Swim Lessons 10am- 12pm 1L	Sentara Aquafit 12- 1pm 3L	Hilltop Therapy 10:45am- 12pm 3L			
Sentara Aquafit 12- 1pm 3L	Hilltop Therapy 10:45am- 12pm 3L	Lap Swim 1- 4pm 3L	Masters Swim Team 12- 1pm 4L			
Tide Swim Lessons 1:30- 3:45pm 2L	Masters Swim Team 12- 1pm 4L	Open Swim 1- 4pm 2L	Lap Swim 12- 1pm 1L			

Members, please note: The children from Parent's Night Out will swim occasionally on Friday (6:45-7:45pm) and Saturday (5:15-6:15pm) occupying 2 lanes. If there is a Pool Birthday Party, the children will swim on Saturday or Sundays (4- 5pm) occupying 2 lanes. The pool may be closed at undesignated times for events and programming. TIDE swim lessons are in lane closest to stairs
This schedule is subject to change.

Lap Swim 1- 4pm 3L	Lap Swim 12- 1pm 1L	Tide Swim Lessons 1:30- 3:45pm 2L	Lap Swim 1- 4pm 3L	Lap Swim 1- 4pm 3L	Lap Swim 2:30- 5:45pm 3L
Open Swim 1- 4pm 2L	Lap Swim 1- 4pm 3L	Swim Lessons 3- 6:30pm 2/3rd L	Open Swim 1- 4pm 2L	Open Swim 1- 4pm 2L	Open Swim 1:30- 5:45pm 2L
Swim Lessons 3- 6:30pm 2/3rd L	Open Swim 1- 4pm 2L	TIDE Swim Team 4- 7:45pm 3L	Tide Swim Lessons 1:30- 3:45pm 2L	Swim Lessons 4- 5:15pm 1L	
TIDE Swim Team 4:30- 7:45pm 3L	Swim Lessons 3- 6:30pm 2/3rd L	Open Swim 4:00-7:15 1/3rd L 7:15-8:45pm 2L	Swim Lessons 3- 6:30pm 2/3rd L	TIDE Swim Team 4- 6pm 3L	
Open Swim 4:00-7:15 1/3rd L 7:15-8:45pm 2L	TIDE Swim Team 4- 7:45pm 3L	Tide Stroke Academy 7- 8pm 2L	TIDE Swim Team 4- 7:45pm 3L	Lap Swim 4- 6pm 1L	
TIDE Stroke Academy 7- 8pm 2L	Open Swim 4:00-7:15 1/3rd L 7:15-8:45pm 2L	Lap Swim 7:45- 8:45pm 3L	Open Swim 4:00-7:15 1/3rd L 7:15-8:45pm 2L	Lap Swim 6- 8:45p	
Lap Swim 7:45- 8:45pm 3L	Lap Swim 7:45- 8:45pm 3L		TIDE Stroke Academy 7- 8pm 2L	Open Sw 4- 6pm	
			Lap Swim 7:45- 8:45pm 3L	Open Sw 6- 8:45p	



POOL GUIDELINES

- YMCA swimming pools are only to be used when a lifeguard is on duty.
- Please shower before entering the swimming pool.
- Persons with open cuts, sores or blisters are not permitted in the swimming pool.
- Children who are not potty-trained must wear a swim diaper or plastic pants (disposable diapers are not permitted).
- Please use appropriate changing facilities (on-deck changing of any age is prohibited).
- A parent/guardian must be supervising his/her child (9 years and younger) at all times.
- Non-swimmers must be within arm's reach of a parent or supervising guardian at all times.
- Children ages 10–12 may use the pool only if a responsible adult is on the Y's premises and the child has passed the YMCA of South Hampton Roads Swim Test. Please refer to the member guide for all age guidelines and definitions.
- Swimmers must wear appropriate swimwear (no jeans or cut-offs; swimsuits only). The Y asks all members to remember the family environment and choose the style of your swimsuit accordingly.
- Children wearing Coast Guard approved flotation devices and non-swimmers must be within arm's reach of a parent. Water wings (arm floaties) are not permitted. The aquatic director may make exceptions based on special needs of the swimmer and inspection of the device.
- Glass or metal objects are not permitted in the pool area and any food consumed must be at least 10' from the edge of the swimming pool. Chewing gum, tobacco products and alcohol are not permitted in the Y's aquatic environments.
- Feet-first entries only. No diving. Flips, spins or back dives are not permitted from the side of the pool. Diving is permitted in swimming pools with a minimum of 9' of water during posted times.
- Running, horse playing, pushing, carrying people on shoulders or dunking is prohibited in the swimming pool or deck area.
- Hanging on lane lines, safety ropes and basketball hoops is not permitted.
- Prolonged underwater swimming or breath holding (and hyperventilation) is not permitted.
- Floats and rafts are only permitted during designated times and when posted in advance.
- Fins and snorkels are only permitted in lap lanes. On occasion during peak demand, the aquatic director may restrict usage of fins to ensure the safety of other swimmers.
- When the whistle blows, look to a lifeguard immediately!
- Any act deemed unsafe by the lifeguard or management will not be tolerated.
- YMCA management may close the pool at any time to ensure the safety of patrons. All pools will be closed for at least 20 minutes when lightning and/or thunder is observed.

SWIM TEST

- Comfortably swim one length of the swimming pool (25 yards) without assistance.
- Pausing is allowed for the swimmer to rotate and breathe.
- Any stroke or combination of strokes are permissible, however, the swimmer must remain on top of the water (underwater swim not acceptable) and have some level of proficiency of the swim stroke.
- Tread water for 30 seconds.
- Exit the swimming pool either by steps, ladder or side.
- YMCA of South Hampton Roads Pool Rules are reviewed and a copy of the rules will be provided to the child.
- Please visit our website, www.ymcashr.org for up-to-date requirements for the swim test.

CLASS DESCRIPTIONS

Gentle Water Exercise—This class is designed for those challenged with the effects of arthritis, fibromyalgia, multi sclerosis, as well as those recovering from joint injury or surgery. The primary focus of this class is to strengthen muscles and improve joint flexibility and range of motion. Exercises are performed in water depth that is comfortable and allows you to maintain balance while exercising.

Water Fit—This shallow water, low impact class is designed to improve flexibility and strength as well as cardiovascular endurance. A great class to enhance mobility for performing daily activities.

Aqua Zumba—Integrating the Zumba format and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water based workout that's cardio-conditioning, body toning, and fun.

Lap Swim—For individuals who wish to swim the length of the pool.

Open Swim—The pool is reserved for members who wish to participate in non-lap swim activities, as well as to relax and enjoy our pool. It is a great time to work out independently or have family time to play together in the pool. Children under six must be accompanied into the water by an adult.