



FOR A SCHEDULE OF ALL LIFEGUARD TRAINING OR CPR AND FIRST AID TRAININGS—PLEASE CHECK ONLINE AT www.ymcashr.org —OR ASK MEMBERSHIP SERVICES FOR MORE INFORMATION!

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR AQUATICS

TAYLOR BEND FAMILY YMCA

FALL 2017

Indoor Aquatic Center Operating Hours

Mon.–Fri 5am–9:45p
Sat. 7am–5:45pm
Sun. 8am–5:45pm
Therapy Pool and Hot Tub are available at all times (within age guidelines).

Lap Swim Key: #L represents the number of lap lanes available at the given time. *There are always a minimum of 1 lap lane available.

Birthday Parties



The indoor pool may be shared for birthday parties on:

Saturdays from 2–4:30pm

and Sundays 3:00–5:30pm

Aqua Volleyball is for ages 16 And older.

Inclement Weather

The Y may close the pool during inclement weather. All attempts are made to keep the pool open and wait out the storm, however, management may delay opening or close the pool to ensure the safety of members and staff.

Standard procedure is to wait at least 30 minutes after each lightning strike or thunder burst is heard. Lifeguards/management will also clear the pool during thunder under threatening skies.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|----------------|---|---|---|---|---|--|
| Lap Swim | 5–7am 3L/4L | 5–7am 3L/4L | 5–7am 3L/4L | 5–7am 3L/4L | 5–7am 3L/4L | 7–8am 2L/3L | 8–9am 3L/4L |
| Swim Lessons | 9:30–12:30 | 8:30–12:30 | 9:30–12:30 | 8:30–12:30 | 9:00–11:30 | Family Swim/ Open Swim 7–8am | Family Swim/ Open Swim 8–9am |
| Swim Lessons | 12–12:30pm | 12–12:30pm | 12–12:30pm | 12–12:30pm | | Power Aqua 8:05–8:55am | Swim Lessons 1:00–2:50 |
| | | | | | | Swim Lessons 9:– 12:00 | SWIM TEAM 2 3pm–5pm |
| Lap Swim | 7–10am 1 or 2L | 7–10am 1 or 2L | 7–10am 1 or 2L | 7–10am 1 or 2L | 7–10am 1 or 2L | 9–12pm 2L/3L | 9–11am 3L |
| Aqua Volleyball (ages 16 and up) | 9–10am | Water Exercise 9:15–10:00am | Aqua Volleyball (ages 16 and up) 9–10am | Water Exercise 9:15–10:00am | Water Exercise 10–11am | | Family Swim/ Open Swim 9–11am |
| Water Exercise | 10–11 | Aqua Tai Chi 12:15–1 | Water Exercise 10–11 | Aqua Tai Chi 12:15–1 | | | |
| Water Circuit | 11:15–12:15 | | Water Circuit 11:15–12:15 | | | | WIM Platinum 12:00–12:45pm |
| Lap Swim | 10–3 2L/3L | 11–4 2L/3L | 10–3 2L/3L | 11–4 2L/3L | 11am–4pm 2L/3L | 12:45pm 2L/3L | 11am–5:45pm 1L |
| Family Swim/ Open Swim | 12:30–4pm | Family Swim/ Open Swim 1pm–4pm | Family Swim/ Open Swim 12:30–4pm | Family Swim/ Open Swim 1pm–4pm | Family Swim/ Open Swim 11am–6pm | Family Swim/ Open Swim 2–5:45pm | Family Swim/ Open Swim 11am–5:45pm |
| Lap Swim | 3–7pm 1/2L | 4:30–7:00 1/2L | 3:00–7pm 1/2L | 5–7 1/2L | 5:30–9:45pm 1L/2L | | |
| Swim Lessons | 3:00–5:30pm | 4:20–7:30pm | 3:00–5:30pm | 4:20–7:30pm | | Swim Team(s) 6– 7:30pm | |
| Aqua Volleyball (ages 16 and up) | 7–9pm | Water Circuit 7–8pm | Swim Team(s) 6:00–7:30pm | WIM Original 7–8:00pm | | | |
| Lap Swim | 7–9:45pm 1/2L | Lap Swim 7–7:30 1/2L | Water Fitness Instructors Choice 7–8pm | Aqua Volleyball (ages 16 and up) 8–9:30pm | Family Swim/ Open Swim 7:30pm –9:45pm | | |
| Family Swim/ Open Swim | 9:00–9:45pm | Family Swim/ Open Swim 8pm–9:45pm | Lap Swim 7–9:45pm 1L | Lap Swim 7–9:45 1/2 L | | | |
| | | | Family Swim/ Open Swim 8–9:45pm | | | | |



CLASS DESCRIPTIONS

AQUA CLASSES

Ai Chi (Aquatic Tai Chi)— This shallow water class focuses on breathing, focus, balance and coordination.

Power Aqua is aqua aerobics for those who want more intensity! The instructor may work out in deep or shallow water using suspended or power moves. This class is designed for participants wanting a challenge but is appropriate for all fitness levels.

Aqua Volleyball is an ideal class for those looking for a great workout while having fun! This participant led class uses a beach ball and volleyball net in the pool.

For Ages 16 and older

Water Exercise is an aquatic class that may incorporate deep water and shallow water cardiovascular exercises, resistance training and flexibility training for a well-rounded workout.

Deep Water Exercise— similar to Water Exercise but entirely in the deeper water with float belt.

Weight Free is an ideal class for those desiring no impact or rehabilitating an injury, although an excellent cardiovascular workout is guaranteed. Using buoyancy belts, participants exercise using various movements while suspended to improve cardiovascular fitness as well as muscular strength.

WIM Original—is the Water In Motion Original water exercise program that provides a low impact, high-energy challenge for participants of all ages and fitness levels. Jump in and make a splash with this dynamic cardiovascular and strength workout for the entire body.

WIM Platinum—is the Water In Motion Platinum program is a shallow-water, low-impact aqua exercise experience that offers active aging adults and deconditioned participants a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility.

Finning—is a water exercise program that uses fins and kickboards in shallow and deep water to enhance the intensity of this cardio and strength exercise class.

Master Swim is a community of swimmers 18 years of age and older who wish to continue stroke technique, work in a team atmosphere and work on endurance training. Sessions include a one-hour coached practice during which swimmers complete over 2,000 yards. Participants will also have the opportunity to

register for and compete in the Master's level USA meets several times each year in various Virginia locations.

TIGER SHARKS SWIM TEAM

Swim Team— is a developmental and competitive swim team for youth swimmers between the ages of 5 to 18. Our Tiger Sharks swim team will allow children to work on building strength and endurance, while working on improving stroke technique. Swimmers will work to grow self-confidence, goal setting, and team building. New participants must try-out before registering for this program

FAMILY SWIM

Family Swim is a time for individuals and families to have fun together in the pool. Children 9 years and younger need to be accompanied by an adult in the pool at all times. Youth 10–12 years of age are welcome at the pool by themselves if they have passed the swim test and are wearing a swim necklace. A parent must bring children this age to and from the pool and remain on YMCA premises at all times.

OPEN SWIM

Open Swim is a time for individuals ages 13 and older wishing to do independent water exercise or water therapy. Float belts, water barbells and other equipment are available during this time.

SWIM LESSONS

YMCA Swim Lessons are available for all individuals ages 6 months through adult. Detailed descriptions of swim lessons and a schedule of classes can be found on our Swim Lessons flyer, which is available on our Information Wall, at the Member Services desk or online at www.ymcashr.org.

SWIM NECKLACES

A swim necklace is worn around your child's neck to let our staff know that they are deep-water competent and confident. Once your child has passed the swim test, their necklace will designate what areas and amenities of the aquatic centers your child can enjoy without a parent in the water with them. Children under the age of 13 without a swim necklace must have a parent in the water within arms reach at all times.

SWIM TEST

- Without goggles, comfortably swim one length of the pool without stopping, face in the water (eyes, nose and mouth), using a front crawl swim stroke with full arm movement. Exit Pool w/o ladder or help.
- Jump in & Tread water for 30 seconds.

LAP SWIM

If there are 31 or more participants in any given aqua class, lap lanes will be reduced to two lanes for the duration of that class and will return to the previous state at the end of class. We ask lap swimmers to please share lanes and circle swim during this time. Thank you in advance for your understanding and cooperation with this policy.

To swim in a lap lane you must be swimming laps. "Open Swim or Family Swim" is not available in a lap lane. Lifeguards may ask you to exit the lap lane if you are not using it properly.

"Coaching" from the deck from a non-YMCA employee is prohibited. You are welcome to bring your own workout, or you may ask to use one of our pre-planned workouts, but you may not have someone else on deck coaching you for safety, member interaction and liability reasons.

AGE GUIDELINES

Children must be at least 13 years old to use the pools without a parent present in the building. Children ages 10–12 who pass the swim test may use the pool if a parent/supervising guardian is physically on YMCA premises. A parent/supervising guardian must be present at the pool and directly supervising his/her children ages 0–9..

Therapy Pool & Hot Tub Age Guidelines

Therapy Pool is not for anyone under the age of 16 without written consent from the Aquatics Director and a note from their Doctor.

Hot Tub is not for anyone under the age of 12. Children 12–13 must have a swim necklace to use the hot tub without a parent present.

POOL CLOSINGS/LIFEGUARD DIRECTIONS

YMCA management may close the pool at any time to ensure the safety of patrons. Failure to comply with directions from a Lifeguard may result in your being asked to leave the Aquatics Area, and/or membership suspension.

YMCA OF SOUTH HAMPTON ROADS

Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. • www.ymcashr.org