# Fall 2021 Pool Schedule
## September 7 – December 31

The YWCA will be closed on the following dates:
September 6, November 25-November 28.

*Swim lesson schedules and all class descriptions can be found on the back.*

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 7:00-7:30 | **Lap & Leisure** (7:15-8:30) | | **Lap & Leisure** (7:15-8:30) | | **Lap & Leisure** (7:15-8:30) | |
| 7:30-8:00 | | | | | | |
| 8:00-8:30 | | | | | | |
| 8:30-9:00 | **Water Works** (8:30-9:30) | | **Water Works (8:30-9:30)** | | **Water Works** (8:30-9:30) | |
| 9:00-9:30 | | | | | | |
| 9:30-10:00 | **Splash** (9:30-10:30) | | **Splash** (9:30-10:30) | | **Splash** (9:30-10:30) | |
| 10:00-10:30 | | | | | | |
| 10:30-11:00 | **Joint Venture** (10:30-11:30) | | **Joint Venture** (10:30-11:30) | | **Joint Venture** (10:30-11:30) | |
| 11:00-11:30 | | **Laps &Leisure** (11:00-12:00) | | **Laps &Leisure** (11:00-12:00) | | |
| 11:30-12:00 | **Lap & Leisure** (11:30-12:30) | | **Lap & Leisure** (11:30-12:30) | | **Lap & Leisure** (11:30-12:30) | **Family Swim** (11:30-12:30) |
| 12:00-12:30 | | **Joint Venture** (12:00-1:00) | | **Joint Venture** (12:00-1:00) | | |
| 12:30-1:00 | | | | | | **Pool Parties** |
| 1:00-1:30 | | | | | | |
| 1:30-2:00 | | | | | | |
| 2:00-2:30 | | | | | | |
| 2:30-3:00 | | | | | | |
| 3:00-3:30 | | | | | | |
| 3:30-4:00 | | | | | | |
| 4:00-4:30 | | | | | | |
| 4:30-5:00 | | | | | | |
| 5:00-5:30 | | **Splash** (5:00-6:00) | | **Splash** (5:00-6:00) | | |
| 5:30-6:00 | | | | | | |
| 6:00-6:30 | | **Joint Venture** (6:00-7:00) | | **Joint Venture** (6:00-7:00) | | |
| 6:30-7:00 | | | | | | |
| 7:00-8:00 | **Family Swim** | | **Family Swim** | | | |

## Aquatic Exercise Class Descriptions

### Water Works
This class includes a light aerobic workout and muscle toning exercises.

### Splash
A high energy aerobic workout and exercises to tone the body.

### Joint Venture
This class includes exercises for muscular strength, endurance, balance and coordination. This class follows the Arthritis Foundation guidelines.

## Fall YWCA Swim Lesson Schedule

**Fall Session I Registration: August 30-September 13**
**Classes: September 13-October 23**
**Fall Session II Registration: October 16-October 28**
**Classes: November 1-December 11***
***Swim lessons are cancelled on November 24. The make-up class will be on December 15.**

| Time | Monday | Wednesday |
|---|---|---|
| 4:30-5:00 | Private Lessons | Private Lessons<br>Level 1 |
| 5:00-5:30 | Awesome Tadpoles | Preschool<br>Level 3 & 4 |
| 5:30-6:00 | Level 1<br>Level 2 | Level 2 |
| 5:30-6:15 | | Level 5 & 6 |
| 6:00-6:30 | Preschool<br>Level 3-4 | Level 1 |
| 6:30-7:00 | Waterbabies | Preschool w/ Parents |

### Saturday Swimming Lessons

| | |
|---|---|
| 9:00-9:30 | Pre-school 3-4<br>Private Lessons |
| 9:30-10:00 | Level 1<br>Level 3-4 |
| 10:00-10:30 | Level 2-3 |
| 10:00-10:45 | Level 5 & 6 |
| 10:30-11:00 | Preschool |
| 11:00-11:30 | Waterbabies |

**Class Descriptions:**

**Waterbabies:** For ages 6m-24 m. Parent and child learn water exploration skills. Teacher interaction and group activities will focus on feeling secure and content in the water.

**Awesome Tadpoles:** For ages 24 months-3 yrs. Parent and child work on aquatic skills that will be taught in preschool swim lessons.

**Pre-school with Parents:** For ages 3-5. A water exploration class for the young child and parent. Blowing bubbles, floats, arm coordination, and strokes will be taught. An instructor will take parents through different holds and cues involved in swim instruction.

**Pre-school Swim:** For ages 3-5. A water exploration class for the young child. Blowing bubbles, floats, arm coordination**,** and strokes will be taught. Children wear bubbles to assist in swimming.

**Level 1:** Students learn elementary skills to move comfortably in the water. All skills are done with support.

**Level 2:** Glides with kicks, front and back crawl, rhythmic breathing and exploration in the deep end.

**Level 3:** Front and back glides are unsupported, front and back crawl become more accomplished. Elementary backstroke and diving from a kneeling position is introduced.

**Level 4 & 5:** Instruction includes coordinating front and back crawl, elementary backstroke, breaststroke and butterfly. Dive from a standing position in Level 4. Shallow dive in Level 5.

**Level 6:** Students work on efficiency, power and smoothness of previously learned skills. There are four levels within Level 6.

**Private Lessons:** All private lessons are a half-hour in length and run in six-week sessions.