



PARKWOOD YMCA POOL SCHEDULE - December 1-23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-12:00pm Lap Swim (All Lanes)	7:00-8:45am Lap Swim (All Lanes)	6:00-8:45am Lap Swim (All Lanes)	6:00-8:45a Lap Swim (All Lanes)	6:00-12:00pm Lap Swim (All Lanes)	7:00-10:00 Lap Swim (All Lanes)	
	9:00-10:00am Water Aerobics	9:00-10:00am Water Aerobics	9:00-10:00am Water Aerobics		10:00-12:00pm 3 Lanes Lap 2 Lessons	
	10:10-1:00pm Lap Swim	10:10-12pm Lap Swim (All Lanes)	10:10-1:00pm Lap Swim (All Lanes)		12:00-2:00pm 2 Lap Lanes 3 Lanes Family Swim	
						7:00-11:30a Lap Swim (All Lanes)
				3:00-6:00pm Lap Swim 5 Lanes		
4:00-5:30 pm Lap Swim (All Lanes)		4:00-7:30p Lap Swim (All Lanes)				
5:30-7:00 Lap Swim 3 Lanes 2 Lane Lessons	4:00-5:15pm Lap Swim 4 Lanes		4:00-5:30 Lap Swim (All Lanes)			
	4:00-5:15pm 1 Lane Family		5:30-7:30pm Lap Swim (1 Lane) 3 Lanes Lessons			
	5:15-7:45pm 2 Lap Swim 3 Lanes Lessons					

Regional Aquatic Director
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PARKWOOD YMCA AQUATIC INFORMATION

SWIM LESSONS

Swim Lessons Begin January 9th

LAP SWIM

We ask that all be respectful of others and share lanes as needed. Lap Swim is available for those ages 13 and up who are continuously swimming end to end.

YOUTH SWIMMERS

All swimmers under the age of 13 must take the YMCA swim test prior to entering the pool. The test consists of 1/2 length on their front, 1/2 on their back and ability to tread water for 30 seconds.

Ages 4 & under: Must have a parent in the water with the child.

Ages 5-8 years old: Must have parent in the water with the child

Ages 9-11 years old: Must have parent on the deck.

Children under 52 inches tall who are not being directly supervised by a parent will be required to wear a lifejacket.

Water Aerobics Tuesday, Wednesday, Thursday 9am-10:00am

All fitness levels are welcome, and no swimming ability is required. Enjoy an aerobic workout with less stress on your joints. A variety of cardiovascular moves make for a great total body workout in the water.
