

# Reuter Family YMCA Summer 2010 Pool Schedule

Effective June 14, 2010



YMCA of Western North Carolina  
We build strong kids, strong families, strong communities.  
www.ymcawnc.org



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8:45 Lap Lanes (6)	5:30-7:00 Master Swim (4) Lap Lanes (2) 7:00-8:45 Lap Lanes (6)	5:30-7:45 Lap Lanes (6) 7:45-8:45 Beginning Lap Swim Group (2) Lap Lanes (4)	5:30-7:00 Master Swim (4) Lap Lanes (2) 7:00-8:45 Lap Lanes (6)	5:30-8:45 Lap Lanes (6)	<b>Pool Opens at 7:00 AM</b>  7:00-8:45 Lap Lanes (6)	<b>Pool Opens at 1:00 PM</b>
9:00-12:15 Group Lessons (4) Maggie's 9:00-10:00 H2O Fitness (4) Denise's 10:00-11:00 H2O Fitness (4) Deb's 11:00-12:00 Arthritis (4) Lap Lanes (2)	9:00-12:15 Group Lessons (4)  Maggie's 10:00-11:00 H2O Fitness (4)  Lap Lanes (2)	9:00-12:15 Group Lessons (4) Marianne's 9:00-10:00 H2O Fitness (4) Maggie's 10:00-11:00 H2O Fitness (4) Deb's 11:00-12:00 Arthritis (4) Lap Lanes (2)	9:00-12:15 Group Lessons (4)  Denise's 10:00-11:00 H2O Fitness (4)  Lap Lanes (2)	Eliza's 9:00-10:00 H2O Fitness (3) Lap Lanes (3) Eliza's 10:00-11:00 H2O Fitness (3) Lap Lanes (3) Deb's 11:00-12:00 Aqua Arthritis(4) Lap lanes (2)	9:00-11:00 Group Swim Lessons (3)  Lap Lanes (3)	
12:00-3:45 Open Swim (3) Lap Lanes (3)	12:30-3:00 Camp Swim (4) Lap Lanes (2)  3:00-3:45 Open Swim (3) Lap Lanes (3)	12:15-2:00 Open Swim (3) Lap Lanes (3)  2:00-3:00 Camp Swim (4) Lap Lanes (2)  3:00-3:45 Open Swim (3) Lap Lanes (3)	11:00-12:30 Open Swim (3) Lap Lanes (3)  12:30-3:00 Camp Swim (4) Lap Lanes (2)  3:00-3:45 Open Swim (3) Lap Lanes (3)	12:00-5:15 Open Swim (3) Lap Lanes (3)	11:00-12:30 Discover Scuba  June 26 July 24 August 7 Lap Lanes (2)  11:00-7:30  Open Swim  Birthday Parties!  >SLIDE<  SLIDE At 1:00 To 7:00  12:30-7:30 Lap Lanes (2)  2:00-4:00 Deep End Adult Scuba	1:00-5:30 Open Swim (4)  Birthday Parties!  >SLIDE<  Lap Lanes (2)
4:00-7:15 Group Lessons (4) 5:30-6:30 Beth's H2O Fitness (4) Lap Lanes (2)	4:00-7:15 Group Lessons (3)  Lap Lanes (3)	4:00-7:15 Group Lessons (4) 5:30-6:30 Beth's H2O Fitness (4) Lap Lanes (2)	4:00-7:15 Group Lessons (3)  Lap Lanes (3)	5:30-6:30 Beth's H2O Fitness (3) Lap Lanes (3)		
7:15-9:30 Open Swim (3) Lap Lanes (3)	7:30-9:30 Kayaking (3) Lap Lanes (3)  Whirl Pool Closes at 8:30	7:15-9:30 Open Swim (3) Lap Lanes (3)	7:15-9:30 Open Swim (3) Lap Lanes (3)  Whirl Pool Closes at 8:30	7:00-9:30 Open Swim (4)  S L I D E Lap Lanes (2)	<b>Pool Closes at 7:30</b>	<b>Pool Closes at 5:30 PM</b>

**THIS SCHEDULE IS NOT A MINUTE-BY-MINUTE SCHEDULE AND CAN BE ALTERED BY THE AQUATICS STAFF AT ANY TIME TO ACCOMMODATE AS MANY PARTICIPANTS AS POSSIBLE. OPEN BLOCKS IN THE SCHEDULE INDICATE TEMPORARY OPEN SWIM TIMES. THESE TIMES MAY BE FILLED IN THE FUTURE AS WE EXPAND OUR AQUATIC PROGRAM OFFERINGS.**

**Limited Open Swim During  
Group Swim Lessons.**

**Interference With Lessons  
Will Not Be Tolerated.**

# Water Fitness Class Description

## Beth's H2O Fitness Class:

Monday 5:30pm; Wednesday 5:30pm; Friday 5:30pm

A shallow and deep water aerobic workout with low-impact exercises. The interval training with moderate speeds and faster sprints uses the water for a total body conditioning workout. Participants can adjust the workout intensity with speed and resistance.

## H2O Fitness Class: (Classes will vary with instructor)

A one hour mixture of high intensity cardio, upper body, abdominals, and balance. This class utilizes hydrodynamic principles in progressing movements in order to maximize the effects of each exercise. Movements in this class may be adapted to any level of exerciser, so you do not get into a rut, the class exercises vary.

## Aqua Arthritis With Debbie:

Monday 11:00am; Wednesday 11:00am; Friday 11:00

This class works to decrease participants' pain and stiffness. It will also improve independence and self-esteem along with improving joint flexibility, balance and coordination.

## Beginning Lap Swim:

Wednesday 7:45am

A program that helps adults with stroke development and endurance. It focuses on individuals who would like to use lap swim as a form of workout. This is for people who may not be comfortable with certain strokes or do not have the stamina to do an entire workout.

## Program Descriptions

- **Lap Swim / Personal Exercise:** Any individual may swim laps or do a personal water workout in the designated lanes. Lap lane users are required to share lanes when needed. **Open swim activity not permitted in these lanes.**
- **Swim Team Practice:** These time slots and lanes are designated for swim team only. Open swim activity not permitted in these lanes.
- **Water Fitness:** These lanes are designated for water fitness classes at these times. Open swim is permitted for families and children supervised by an adult as long as it does not interfere with the class. Please do not swim through a water fitness class or disrupt by jumping in or throwing toys.
- **Swim Lessons:** These lanes and times are designated for swim lessons only. **There is limited open swim during group swim lessons and interference with lessons will not be tolerated.**
- **Masters Swim:** Masters Swim is a program for adults who want to get a competitive swim level workout. These lanes are designated for this program but may be used by other lap swimmers if there is not a need for all lanes designated.
- **CarePartners Rehabilitation Group:** As a partner organization, CarePartners Rehab has access to our pool in order to develop rehabilitative workout programs for their clients. Open swim activity is allowed; however, be aware of their clients and be sensitive to their needs.
- **Open Swim:** Any member or guest may use this space at the designated times. Children under the age of 6 must be accompanied by an adult while swimming. Children between the ages of 8 and 12 must pass the youth swim test to swim without supervision.
- **Open Swim with Slide:** Same as above, but with access to the slide for those who have passed a deep water swim test. **Parents may not ride down with or catch their children at the bottom of the slide.**
- Pool parties are available on weekends and can be set up by the YMCA office manager.