



# POOL SCHEDULE

## Naik Family YMCA Spring Session April 22 - June 2019

Pool schedule subject to change

Updated: 5/15/19

### Mystic Pool

#### Adult Lap Swim

Lane availability is indicated in parentheses. 18 years old and older.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:00-8:30am (6)	5:00-8:30am (6)	5:00-8:30am (6)	5:00-8:30am (6)	5:00-8:30am (6)	6:00-7:00am (6)	6:00-9:50am (6)
	8:30-9:30am (1)	8:30-9:30am (2)	8:30-9:30am (1)	8:30-9:30am (2)	8:30-9:30am (1)	8:30-9:00am (1)	10:00-5:30pm (3)
	9:30-10:30am (2)	9:30-10:30am (4)	9:30-10:30am (2)	9:30-12:00pm (4)	9:30-10:00am (2)	9:00-11:00am (0)	
	10:30-12:00pm (4)	10:30-12:00pm (2)	10:30-12:00pm (3)	12:00-1:00pm (6)	10:00-12:00pm (1)	11:00-5:30pm (2)	
	12:00-1:00pm (6)	12:00-1:00pm (6)	12:00-1:00pm (6)	1:00-3:30pm (4)	12:00-1:00pm (6)		
	1:00-3:30pm (4)	1:00-3:30pm (4)	1:00-2:00pm (2)	3:30-4:30pm (4)	1:00-3:30pm (4)		
	3:30-4:30pm (2)	3:30-4:30pm (4)	2:00-4:30pm (4)	6:30-7:00pm (0)	3:30-4:30pm (2)		
	6:30-7:00pm (0)	6:30-7:00pm (0)	6:30-7:00pm (1)	7:00-7:30pm (0)	6:30-7:00pm (0)		
	7:00-7:30pm (0)	7:00-7:30pm (0)	7:00-7:30pm (3)	7:30-8:30pm (2)	7:00-7:30pm (0)		
	7:30-9:30pm (4)	7:30-9:30pm (4)	7:30-9:30pm (4)	8:30-9:30pm (6)	7:30-9:30pm (4)		

#### Water Ex Classes

Adults 18 years old and older.

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquacise	8:30-9:30am (5)	5:30-6:30pm (2)	8:30-9:30am (5)	7:30-8:30pm (2)	8:30-9:30am (5)	8:00-9:00am (3)	
Deep Water Workout		8:30-9:30am (4)		8:30-9:30am (4)			
Senior Water Workout	9:30-10:30am (4)		9:30-10:30am (4)		9:30-10:30am (4)		

#### Family Swim

Children 6 and younger must be within and arm's reach of an adult at all times. All children under 17 are swim tested.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1:00-3:30pm (2)	1:00-4:00pm (2)	1:00-4:00pm (2)	1:00-3:30pm (2)	1:00-4:30pm (2)	12:00-5:30pm (4)	10:00-5:30pm (4)
	7:30-8:30pm (2)	7:30-8:30pm (2)	7:30-8:30pm (2)	7:30-8:30pm (2)	7:00-9:30pm (2)		

#### Adult Recreation

Adults 18 years old and older- No lap swimming allowed. \*May share space with family swim.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:30-12:00pm (2)*	8:30-12:00pm (2)	10:30-12:00pm (2)*	8:30-12:00pm (2)	10:30-12:00pm (2)*		

#### Swim Lessons/Swim Team

Registration only.

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim Lessons/Swim Team	4:00-5:30pm	10:00-11:00am			10:00-11:30am	8:15-12:00pm	
		3:30-5:30pm			4:00-6:30pm		
	5:30-7:30pm	5:30-7:30pm	3:30-6:30pm	5:30-7:30pm	5:30-7:30pm		

- All swimmers 17 and under must take a swim test in order to swim in the deep end.
- Swimmers who choose not to test, or those who do not pass the test, must remain in the shallow end.
- Swimmers who do not pass the swim test and do not meet the height requirement must also wear a PFD.
- One adult can be responsible for no more than 3 non swimmers at a time in the pool.
- Please share lanes during lap time, circle swimming is recommended.
- Lanes may be shared with Private Swim Lessons, Scuba diving or Lifeguarding Classes.
- *Pool schedule subject to change at any time.*

## **WATER EXERCISE CLASS DESCRIPTIONS**

All classes use shallow and deep ends of the pools.

### **Aquacise**

Medium to high intensity work out, with light to medium impact. This class will help improve flexibility, and mobility; tones and strengthens muscles; increases stamina and energy.

### **Deep Water Workout**

Medium intensity deep water exercise class. This class uses a buoyant belt allowing participants to fully utilize the water's resistance. Improves flexibility, strengthens muscles, increases stamina and energy.

### **Senior Water Workout**

Shallow water choreographed exercise using kick boards and noodles for a total body workout.

### **Pool Hours**

Monday-Friday: 5:00am – 9:30pm

Saturday-Sunday: 6:00am - 5:30pm

### **Ocean Community YMCA**

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