



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)	8:30-10:00am (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)	11:00-5:30pm (2)	
	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)		
	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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