



# POOL SCHEDULE

Mystic Branch Fall 1  
 September 11-October 28

Pool schedule subject to change

updated 8/29/18

## 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)   | 6:00-8:00am (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 (2)   | 8:00-5:30pm (2) | 10:00-5:30pm (2) |
|  | 9:30-10:30am (2)  | 9:30-10:30am (4)  | 9:30-10:30am (2)  | 9:30-10:30am (4)  | 9:30-10:30am (4)  |                 |                  |
|  | 10:30-12:00pm (4) | 10:30-12:00pm (2) | 10:30-12:00pm (4) | 10:30-12:00pm (2) | 10:30-12:00pm (2) |                 |                  |
|  | 12:00-1:00pm (6)  | 12:00-1:00pm (4)  | 12:00-1:00pm (6)  | 12:00-1:00pm (6)  | 12:00-1:00pm (4)  |                 |                  |
|  | 1:00-3:30pm (4)   | 1:00-3:30pm (6)   | 1:00-2:00pm (2)   | 1:00-3:30pm (4)   | 1:00-3:30pm (6)   |                 |                  |
|  | 3:30-4:30pm (2)   | 3:30-4:30pm (2)   | 2:00-4:30pm (4)   | 3:30-4:30pm (2)   | 3:30-4:30pm (2)   |                 |                  |
|  | 6:30-7:00pm (1)   | 6:30-7:00pm (1)   | 6:30-7:00pm (1)   | 6:30-7:00pm (1)   | 6:30-7:00pm (1)   |                 |                  |
|  | 7:00-7:30pm (3)   | 7:00-7:30pm (3)   | 7:00-7:30pm (3)   | 7:00-7:30pm (3)   | 7:00-7:30pm (3)   |                 |                  |
|  | 7:30-9:30pm (4)   | 7:30-9:30pm (4)   | 7:30-9:30pm (4)   | 7:30-9:30pm (4)   | 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)<br>5:30-6:30pm (3) | 5:30-6:30pm (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           |
|--|-----------------|-----------------|-----------------|-----------------|-----------------|------------------|------------------|
|  | 1:00-4:30pm (2) | 1:00-4:30pm (2) | 1:00-4:30pm (2) | 1:00-4:30pm (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) | 7:30-9:30pm (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 |        | 10:00-11:00am |             |          | 10:00-11:00am | 8:15am-12:00pm |        |
| Swim Lessons |        | 1:00-2:00pm   | 1:00-2:00pm |          | 1:00-2:00pm   |                |        |
| Swim Lessons |        | 3:30-5:30pm   | 3:30-6:30pm |          | 3:30-6:30pm   |                |        |

|           |             |             |             |             |             |  |  |
|-----------|-------------|-------------|-------------|-------------|-------------|--|--|
| Swim Team | 4:30-7:30pm | 4:30-7:30pm | 4:30-7:30pm | 4:30-7:30pm | 4:30-7:30pm |  |  |
|-----------|-------------|-------------|-------------|-------------|-------------|--|--|

- 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.

### Aqua Zumba

Aqua Zumba blends it all together into a safe challenging water based workout that's cardio-conditioning, body toning and most of all, exhilarating beyond belief.

An energetic aqua workout designed to challenge and condition the entire body.

### 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.

Swimmers age 18 and up. Each structured and challenging practice will consist of stroke mechanics, endurance and speed training.

### Water Polo

Come learn the world's oldest Olympic team sport (registration required) or drop in and play (no experience necessary) 7:00-8:30 PM. For ages 18+ or with Instructors approval.

### Pool Hours

Monday-Friday: 5:00am – 9:30pm

Saturday-Sunday: 6:00am - 4:00pm

## Ocean Community YMCA

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