



## Pool Rules

- (#) = Number of lanes per activity
- For safety, children 6 years old or younger must be within an arms reach of a parent or guardian in the pool area.
- 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 children 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 is a safe, challenging ,water based workout that's cardio-conditioning, body toning and most of all, exhilarating!

### **Cardio Wave**

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

### **Water Polo**

Open to all experience and fitness levels, a fun game and a great workout, utilizing the entire pool.

Must be 18+ or younger with instructor approval

## Pool Hours

Monday-Friday: 5:00am – 9:30pm

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

## Ocean Community YMCA

1 Harry Austin Drive, Mystic, CT 06355

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