



# POOL SCHEDULE

Mystic Branch Spring

March 2 - March 11

updated 3/3/17

indicates changes from previous schedule

## 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<br>(6)   | 5:00-8:30am<br>(6)     | 5:00-8:30am<br>(6)    | 5:00-8:30am<br>(6)     | 5:00-8:30am<br>(6)    | 6:00-7:00am<br>(6) | 6:00-9:00am<br>(6)   |
| 8:30-9:30am<br>(0)   | 8:30-9:00am<br>(2)     | 8:30-9:30am<br>(0)    | 8:30-9:00am<br>(2)     | 8:30-9:30am<br>(0)    | 7:00-8:00am<br>(0) | 9:00am-3:00pm<br>(3) |
| 9:30-10:30am<br>(2)  | 9:00-9:30am<br>(0)     | 9:30am-11:00am<br>(2) | 9:00-9:30am<br>(0)     | 9:30am-11:00am<br>(2) | 8:00-9:00am<br>(1) | 3:00-5:30pm<br>(6)   |
| 10:30-12:00pm<br>(4) | 9:30-10:30am<br>(3)    | 11:00-12:00pm<br>(1)  | 9:30-10:30am<br>(3)    | 11:00am-2:00pm<br>(3) | 9:00-1:00pm<br>(2) |                      |
| 12:00-2:00pm<br>(3)  | 10:30-11:30am<br>(1)   | 12:00-12:30pm<br>(3)  | 10:30-11:30am<br>(1)   | 2:00-2:30pm<br>(0)    | 1:00-5:30pm<br>(3) |                      |
| 2:00-2:30pm<br>(0)   | 11:30am-12:00pm<br>(3) | 12:30-2:00pm<br>(6)   | 11:30am-12:00pm<br>(3) | 2:30-4:30pm<br>(4)    |                    |                      |
| 2:30-3:00pm<br>(6)   | 12:00-1:30pm<br>(4)    | 2:00-2:30pm<br>(0)    | 12:00-2:00pm<br>(4)    | 4:30-5:00pm<br>(5)    |                    |                      |
| 3:00-4:00pm<br>(5)   | 1:30-2:00pm<br>(2)     | 2:30-4:00pm<br>(4)    | 2:00-2:30pm<br>(0)     | 5:00-5:30pm<br>(1)    |                    |                      |
| 4:00-5:30pm<br>(3)   | 2:00-2:30pm<br>(0)     | 4:00-4:30pm<br>(3)    | 2:30-4:00pm<br>(5)     | 5:30-7:00pm<br>(2)    |                    |                      |
| 5:30-7:30pm<br>(2)   | 2:30-4:00pm<br>(6)     | 4:30-7:00pm<br>(2)    | 4:00-5:30pm<br>(3)     | 7:00-9:30pm<br>(4)    |                    |                      |
| 7:30-9:30pm<br>(6)   | 4:00-5:30pm<br>(4)     | 7:00-8:30pm<br>(0)    | 5:30-7:00pm<br>(0)     |                       |                    |                      |
|                      | 5:30-7:00pm<br>(1)     | 8:30-9:30pm<br>(6)    | 7:00-8:30pm<br>(2)     |                       |                    |                      |
|                      | 7:00-8:30pm<br>(2)     |                       | 8:30-9:30pm<br>(4)     |                       |                    |                      |
|                      | 8:30-9:30pm<br>(4)     |                       |                        |                       |                    |                      |

### Water Ex Classes

Adults 18 years old and older.

| Class              | Monday       | Tuesday       | Wednesday    | Thursday      | Friday       | Saturday    | Sunday |
|--------------------|--------------|---------------|--------------|---------------|--------------|-------------|--------|
| Aquacise           | 8:30-9:30am  | 5:30-6:30pm   | 8:30-9:30am  | 5:30-6:30pm   | 8:30-9:30am  | 8:00-9:00am |        |
| Deep h2o Workout   |              | 8:30-9:30am   |              | 8:30-9:30am   |              |             |        |
| Senior h2o Workout | 9:30-10:30am |               | 9:30-10:30am |               | 9:30-10:30am |             |        |
| Aqua Zumba         |              | 10:30-11:30am |              | 10:30-11:30am |              |             |        |
| Water Polo         |              |               | 7:00-8:30pm  |               |              |             |        |

### Family Swim

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

| Monday       | Tuesday     | Wednesday                     | Thursday    | Friday                                       | Saturday    | Sunday      |
|--------------|-------------|-------------------------------|-------------|--|-------------|-------------|
| 12:00-2:00pm | 8:30-9:30pm | 10:30a-12:00pm<br>2:30-4:30pm | 8:30-9:30pm | 11:00am-2:00pm<br>2:30-4:30pm<br>7:30-9:30pm | 1:00-5:30pm | 9:00-3:00pm |

### Adult Recreation

No lap swimming allowed. \*Lanes shared with family swim Monday, Wednesday, Friday\*

| Monday       | Tuesday     | Wednesday     | Thursday    | Friday       | Saturday | Sunday |
|--------------|-------------|---------------|-------------|--------------|----------|--------|
| 10:30-2:00pm | 9:00-2:00pm | 10:30-12:30pm | 9:00-2:00pm | 10:30-2:00pm |          |        |

## 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.

## 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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