



# POOL SCHEDULE

Mystic Branch Summer 1

July 2-August 26, 2018

Pool schedule subject to change

updated 6/29/18

## 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)	6:00-7:50am (6)	6:00-8:50am (6)
	8:30-9:30am (0)	8:30-9:30am (0)	8:30-9:30am (0)	8:30-9:30am (0)	8:30-9:30am (0)	8:00-12:30am (3)	9:00-12:00pm (3)
	9:30-10:30am (2)	9:30-10:30am (3)	9:30-10:30am (2)	9:30-10:30pm (3)	9:30-10:30am (2)	12:30-4:00pm (4)	12:00-4:00pm (3)
	10:30-12:00pm (3)	10:30-12:00pm (3)	10:30-12:00pm (3)	10:30-12:00pm (3)	10:30-12:00pm (1)		
	12:00-4:00pm (0)	12:00-4:00pm (0)	12:00-4:00pm (0)	12:00-4:00pm (0)	12:00-4:00pm (0)		
	4:00-5:30pm (3)	4:00-5:30pm (4)	4:00-5:30pm (3)	4:00-5:30pm (4)	4:00-5:30 (4)		
	5:30-7:30pm (1)	6:30-7:30pm (1)	5:30-8:30pm (0)	6:30-7:30pm (1)	5:30-7:30 (1)		
	7:00-8:30pm (0) 8:30-9:30pm (6)	7:00-9:30pm (4)	8:30-9:30pm (6)	7:30-9:30pm (4)	7:30-9:30pm (6)		

### Water Ex Classes

Adults 18 years old and older.

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquacise	8:30-9:30am (6)	5:30-6:30pm (3)	8:30-9:30am (6) 5:30-6:30pm (3)	5:30-6:30pm (3)	8:30-9:30am (6)	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)		
Aq Zumba & Cardio Wave							
Swim Team	6:00-7:30pm	6:00-7:30pm		6:00-7:30pm	6:00-7:30pm		
Water Polo	7:30-8:30pm		7:30-8:30pm				

### 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
	10:30-12:00pm (1)	4:00-4:45pm (2)	10:30-12:00pm (1)	7:30-9:30pm (2)	10:30-12:00pm (1)	12:00-4:00pm (2)	9:00-4:00pm (3)
	4:00-5:30pm (2)	7:30-9:30pm (2)	4:00-5:30pm (2)		4:00-5:30pm (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)*		

# 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 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.

### **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 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,

### **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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