



# POOL SCHEDULE

Naik Family Branch Summer 3 Session

August 1-August 15

Pool schedule subject to change

updated 7/21/2021

## Mystic Pool

### Lap Swim

Lane availability is indicated in parentheses

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:00-9:30AM (6)	5:00AM-10:00AM (6)	5:00-8:30AM (6)	5:00AM-10:00AM (6)	5:00-10:00AM (6)	6:00-8:00AM (6)	6:00-9:00AM (6)
	9:30AM-10:00AM (5)	10:00AM-12:00PM (6)	10:30AM-12:00PM (6)	10:00AM-12:00PM	11:00AM-12:00PM (6)		
	11:00AM-12:00PM (5)						9:45AM-3:45PM (4)
	3:30-7:00PM (4)	3:30-6:30PM (4)	3:30-7:00PM (4)	3:30-6:30PM (4)	3:30-7:00PM (4)	12:30-3:45PM (4)	
	7:00-7:45PM (6)	6:30-7:45PM (6)	7:00-7:45PM (6)	6:30-7:45PM (6)	7:00-7:45PM (6)		

### Water Ex Classes

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquacise	10:00-11:00AM (6)		8:30-9:30AM (6)		10:00AM-11:00AM (6)		
Aqua Zumba							9:00-9:45AM (6)
Senior Water Workout			9:30-10:30AM (5)				

### 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
	3:30-7:00PM (2)	3:30-6:30PM (2)	3:30PM-7:00PM (2)	3:30-6:30PM (2)	3:30-7:00PM (2)	12:30-3:45PM (2)	9:45AM-3:45PM (2)

- 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, or Lifeguarding Classes.**

\* Pool Schedule subject to change for rain days due to camp!

### 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

Known as the Zumba® "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. It combines the Latin Rhythms and dance steps with a pool party.

#### Senior Water Workout

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

Ocean Community YMCA P 860-536-3575 [www.oceancommunityymca.org](http://www.oceancommunityymca.org)