



		10:00-11:00am		10:00-11:00am	10:00-11:00am	8:15am-12:00pm	
		1:00-2:00pm	1:00-2:00pm		1:00-2:00pm		
	3:30-5:30pm	3:30-5:30pm	3:30-6:30pm	3:30-5:30pm	3:30-6:30pm		

- 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.

### 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.

### Pool Hours

Monday-Friday: 5:00am – 9:30pm

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

### Ocean Community YMCA

1 Harry Austin Drive, Mystic, CT 06355

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