



POOL SCHEDULE

Naik Family Branch
June 20th-July 3rd, 2022

****Pool schedule subject to change **** updated 6/21/2022

Mystic Pool

Lap Swim

Lane availability is indicated in parentheses

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:00AM-9:55AM (6)	5:00AM-8:55AM (6)	5:00AM-8:25AM (6)	5:00AM-9:55AM (6)	5:00AM-9:55AM (6)	6:00AM-7:55AM (6)	6:00AM-8:55AM (6)
	11:00AM-12:00PM (6)	10:00AM-12:00PM (4)	8:30AM-10:30AM (2)	10:00AM-10:55AM (3)	11:00AM-12:00PM (6)	8:00AM-12:30PM (3)	9:00AM-9:55AM (1)
	12:00PM-3:30PM (4)	3:00PM-5:15PM (4)	10:30AM-12:00PM (6)	11:00AM-12:00PM (6)	3:00PM-5:00pm (4)	12:35PM-3:45PM (4)	10:00AM-12:15PM (3)
	3:30PM-6:15PM (4)	5:15PM-6:45PM (1)	3:00PM-6:15PM (4)	3:00PM-4:10PM (4)	5:00PM-6:15PM (6)		12:15PM-3:45PM (4)
	6:15PM-7:45PM (1)	6:45PM-7:45PM (6)	6:15PM-7:45PM (1)	4:10PM-5:15PM (3)	6:15PM-7:45PM (1)		
				5:15PM-6:45PM (1)			
				6:45PM-7:45PM (6)			

Water Ex Classes

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquacise	10:00AM-10:55AM (6)		8:30-9:25AM (4)		10:00AM-10:55AM (6)		
Variety Water Ex Class							9:00AM-9:55AM (5)
Deep Water		9:00AM-9:55AM (6)					
Senior Water Workout			9:30-10:25AM (4)	10:00AM-10:55AM (3)			

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
	3:30PM-4:00PM (2)	3:00PM-5:00PM (2)	3:00PM-4:00PM (2)	3:00PM-5:00PM (2)	3:00PM-5:00PM (2)	12:35PM-3:45PM (2)	12:15PM-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 used for **Private Swim Lessons, Birthday Parties or Lifeguarding Classes.**

****Rainy days pool schedule is subject to change to accommodate for 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.

Deep Water

Focus on deep water HIIT and emphasis on core strength.

Variety Water Ex Class

Teachers will rotate won a weekly basis to provide a workout that they specialize in.

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

