



POOL SCHEDULE

Naik Family Branch

January 2nd-February 19th, 2023

Pool schedule subject to change

updated 1/13/23

Mystic Pool

Adult Lap Swim Lane availability is indicated in parentheses.

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

Water Ex Classes

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquacise	9:30am-10:25am (6)		8:30am-9:25am (5)		10:00am-10:55am (6)		
Deep Water Workout	8:30am-9:25am (6)	10:00am-10:55am (6)					
Senior Water Workout			9:30am-10:25am (5)	10:00am-10:55am (3)			
Variety Water Ex Class					9:00am-9:55am (6)		9:00am-9:55am (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
3:00PM-3:55PM (2)	3:00PM-4:55pm (2)	3:00pm-4:10pm (2)	3:00PM-3:55pm (2)	3:00pm-4:10pm (2)	12:45pm-3:45pm (2)	12:45pm-3:45pm (2)

Swim Lessons

Registration only.

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim Lessons			10:45am-	9:00am-10:00am (2)		8:00am-12:30pm (5)	10:00am-12:45pm (3)

			11:45am (2)				
Swim Lessons	4:00pm-5:00pm (4)		4:10pm-4:55pm (3)	4:00pm-5:00pm (4)	4:10pm-4:55pm (2)		

IMPORTANT INFORMATION

- All swimmers 17 and under must take a swim test 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.*
- **Home swim meet 1/21 and 2/11, Pool closes at 12:30pm!**

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.

Variety of Water Ex classes

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

Deep Water Workout

Focus on deep water HITT and emphasis on core strength.

Senior Water Workout

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

Ocean Community YMCA

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