



INDOOR POOL SCHEDULE

BAXTER CLOSE YMCA - August 8, 2022-August 21, 2022

	MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						SATURDAY						SUNDAY																	
TIME	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6												
5:00am																																																						
7:30am	LAP SWIM					OPEN SWIM	LAP SWIM						LAP SWIM					OPEN SWIM	LAP SWIM						LAP SWIM					OPEN SWIM	LAP LANE AVAILABILITY IS SUBJECT TO CHANGE																							
8:00am																																																						
9:00am												OPEN SWIM																																										
9:15am				Swim Lessons								OPEN SWIM																																										
9:45am																																																						
10:00am																																																						
11:00am																																																						
11:30am				Water aerobics 11:30am-12:30pm								Water Aerobics 11:30am-12:30pm													Water Aerobics 11:30pm-12:30pm																													
12:00pm																																																						
12:30pm																																																						
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2:00pm												OPEN SWIM						OPEN SWIM																																				
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5:00pm	SWIM LESSONS												SWIM LESSONS																																									
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7:00pm																																																						
7:15pm																																																						
7:30pm				Water Aerobics 7:15pm-8:00pm			LAP SWIM					OPEN SWIM																																										
8:00pm																																																						
8:30pm	POOL CLOSED						POOL CLOSED						POOL CLOSED						POOL CLOSED						POOL CLOSED						POOL CLOSED Children under 12 must be accompanied by a parent or guardian over 18 years old. Non-swimming children should be in arms reach of adult or guardian at all times. Non-potty trained children must have on a swim diaper to enter the pool.																							



LAP SWIM/OPEN SWIM

LANE CLOSED

POOL CLOSED

SAFE POOLS

1. All children under the age of 13 must be accompanied by an adult Y member.
2. Breath-holding activities are not permitted in Y Pools.
3. Shower before you enter the pool.
4. Proper swimming attire must be worn at all times.
5. Running on the deck, in the locker rooms, showers, or hallways is not permitted.
6. Food, soda, gum, or candy are not permitted in the Aquatics Center.
7. Horseplay of any kind will not be tolerated.
8. Hanging on the float lines or lap lanes is not permitted.
9. NO DIVING.
10. Dry off before leaving the pool area.
11. Enter the water facing forward.
12. Persons with bandages, open cuts, or wounds are not allowed in the pool.
13. Children under 3 should be potty-trained or wear swim diapers.
14. The lifeguard's word is final. Lifeguards will not tolerate inappropriate behavior.

Questions or concerns? Please contact Liz Hester, Aquatics Director at:
lizhester@ymcaup.org

CLASS DESCRIPTIONS

AQUA FLOATFIT – this aqua class incorporates 25-minutes of cardio, 25-minutes of toning with noodles, and 10-minutes of stretching in the water. This is a high-energy class for all age groups.

DEEP WATER AEROBICS– this water aerobics class is a compilation of warm-up, cardio, muscular strengthening with bells, balancing, and stretching. This class will help to increase stamina and strength. It is a mild to high impact class, but is designed for all levels of participation. Participants can work at their own level with ease. This is a good class for all ages.

WATER AEROBICS – this wellness class helps you become acquainted with water walking and exercising in the pool. Reduced stress on joints will allow you to tone and strengthen while increasing your range of motion. We will focus on movements to improve coordination and balance.

POOL POLICIES

SEVERE WEATHER

In the event that lightning or thunder is present in, or around, the area, the YMCA requires immediate closure of all indoor and outdoor pools. Pools will remain closed until 30 minutes past the last visible lightning strike or sound of thunder.

CONTAMINATION

In the event of bodily fluid contamination, the pool will be evacuated for cleaning and restoration and may remain closed for

BAXTER CLOSE YMCA
857 Promenade Walk
Fort Mill, SC 29708