



AQUATIC SCHEDULE – WINTER 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NATATORIUM POOL JAN 2nd, 2018 THRU FEB 28th, 2018 POOL TEMP: 84-86 Degrees Youth Swim (Ages 6-11) Mon and Thurs 5:45-6:45pm (must be in Kid Watch program) Family Swim This time is designated for parents/children, husband/wife, uncle/nephew/niece, or grandparent/grandchild, to enjoy time in the pool together. This is not an open swim for youth to be alone in the water. All swimmers must be accompanied by a parent/adult in the water. All children ages 5 and under must have an adult within arm reach at all times. Open Swim Recreational swim for facility members and member groups (Youth Advocates, Big Brother Big Sister, PCBH, Children's Home, Haven Home for Girls, Keystone Human Service) to play, water walk, or exercise. This is not lap swimming. Youth under 11 must have an adult (18 or older) supervision in the pool area. All children ages 5 and under must have an adult within arm reach at all times. Lap Swim M-T 5:30 am-8:00pm Friday 5:30am – 7pm Saturday 7am – 12pm Sunday 1pm – 4pm 2 lanes available For all adult and youth able to do continuous laps of swimming or walking. Youth under 11 must have an adult in the pool area.	Natatorium Pool Schedule – Two Lap Lanes Available During Program Times					
	Monday 5:30am – 8pm	Tuesday 5:30am – 8pm	Wednesday 5:30am – 8pm	Thursday 5:30am – 8pm	Friday 5:30am – 7pm	Saturday 7am – 2pm
Open Swim 5:30-9:00 am	Open Swim 5:30-9:00 am	Open Swim 5:30-9:00 am	Open Swim 5:30-9:00 am	Open Swim 5:30-9:00 am	Open and Lap 7 am – 12 pm	
Senior Swim and Exercise 9-10 am	Water in Motion Platinum 9 – 9:45am	Senior Swim and Exercise 9-10 am	Water in Motion Platinum 9 – 9:45am	Senior Swim and Exercise 9-10 am	Water Discovery 9:20 – 9:50 am	
Private Instruction 10 – 10:30am		Private Instruction 10 – 10:30am		Private Instruction 10 – 10:30am	Swim Basics 10:00 – 10:40am	
Water in Motion 10:15 – 11am & Water Acclimation 10:35-11:15am		Private Instruction 10:35 – 11:05am	Closed 1 st and 3 rd Thursday of the month for cleaning 11am – 12pm	Private Instruction 10:35 – 11:05am	Water Acclimation 10:50 – 11:30 am Special Olympics 11am – 1pm	
Water Discovery 11:30am – 12pm	Private Instruction 11:15 – 11:45	Water Exploration 11:30am – 12pm		Water Discovery 11:30am – 12 pm	Water Exploration 11:30am – 12pm	
Arthritis Aquatics 12:15 – 1pm	YARCS 12:15 – 1pm	Arthritis Aquatics 12:15 – 1 pm		Arthritis Aquatics 12:15 – 1pm	Family Swim 12 pm – 2 pm (Lanes 5 & 6)	
Homeschool 1 – 2pm	Open Swim 1pm – 3pm		Open Swim 1pm – 3pm			
Senior Swim and Exercise 2-3 pm		Senior Swim and Exercise 2-3pm		Senior Swim and Exercise 2-3 pm	Sunday 1pm – 4 pm	
West York Swim Team 3:30 – 5:30pm (Pool Closed)	West York Swim Team 3:30 – 5:30pm (Pool Closed)	West York Swim Team 3:30 – 5:30pm (Pool Closed)	West York Swim Team 3:30 – 5:30pm (Pool Closed)	West York Swim Team 3:30 – 5:30pm (Pool Closed)	Open Swim (Lanes 1 & 2) Family Swim (Lanes 1 & 2) Lap Swim (Lanes 3 – 4) Water Walking (Lanes 5 & 6)	
				Easter Seals 5:30pm-7:00pm (Rental)		
Kids Watch Swim 5:45pm-6:45 pm (Lanes 1 – 2) & Teen Instruction 5:45pm-6:25 pm	Water Movement 5:45 – 6:25pm & Stroke Introductions 5:45-6:25pm	Water in Motion 5:45 – 6:15pm & Water Acclimation 5:45pm-6:25pm	Kid Watch Swim 5:45 – 6:45pm (Lanes 1 & 2) & Swim Basics 5:45 – 6:25pm	Family & Open Swim 5:45 – 7:00pm		
Stroke Development 6:30-7:10 pm & Family Swim 6:30 – 7:45pm	Water Exploration 6:30 – 7:00pm & Water Stamina 6:30-7:10pm	Stroke Mechanics 6:30pm-7:10pm	Stroke Introduction 6:30pm-7:10pm			
Adult Instruction 7:20-8:00 pm	York Divers 7:15-9 pm (Rental)	Family & Open Swim 6:30 – 7:45pm	York Divers 7:15-9 pm (Rental)			