



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATIC POOL SCHEDULE

SOUTHERN BRANCH YMCA

2018 Winter Revised 1/3/18	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Schedule is subject to change	5:15-8:00 Open Exercise	5:15-9:00 Open Exercise	5:15-8:00 Open Exercise	5:15-10:00 Open Exercise	5:15-8:00 Open Exercise	7:00-9:00 Open Exercise	
Multiple activities are often scheduled in this pool at the same time.	8:00-8:40 Arthritis		8:00-8:40 Arthritis		8:00-8:40 Arthritis		
The Aquatic Staff will do their best to accommodate each individual member's needs.	9:00-9:45 Deep Water	9:00-10:45 Swim Lessons	9:00-9:45 Silver Splash 9:00-9:45 Deep Water		9:00-9:45 Deep Water	9:00-12:00 Swim Lessons	
Lap Swimming Lap swimming is open to anyone having the ability to do continuous, multiple laps of swimming. Lap lanes may be added or decreased depending on the pool schedule and space available. Lap lanes are not available during swim meets.	10:00-10:45 Deep Water		10:00-10:45 Deep Water	10:00-10:45 Deep Water	10:00-10:45 Deep Water		
	10:00-10:45 Noodle Workout		10:00-10:45 Noodle Workout		10:00-10:45 Noodle Workout		
	11:00-11:45 Deep Water		11:00-11:45 Deep Water	11:00-12:45 Swim Lessons	11:00-11:45 Deep Water		
Please contact the Aquatic Department with any questions.	12:00-3:15 Open Swim	12:00-3:15 Open Swim	12:00-3:15 Open Swim	12:00-3:15 Open Swim	12:00-5:00 Open Swim	12:00-5:00 Open Swim	1:00-5:00 Open Swim
	3:30-5:30 High School Swim Team	3:30-5:30pm High School Swim Team	3:30-5:30 High School Swim Team	3:30-5:30 High School Swim Team	3:30-5:30 High School Swim Team		
	5:00-7:30 Swim Lessons	5:00-7:00 Swim Lessons	5:00-7:30 Swim Lessons	5:00-7:30 Swim Lessons			
	5:30-8:00 Tidal Waves Swim Team	5:30-8:00 Tidal Waves Swim Team	5:30-8:00 Tidal Waves Swim Team	5:30-8:00 Tidal Waves Swim Team	5:30-8:00 Tidal Waves Swim Team		
		6:30-7:30 Aquacise			5:30-9:00 Open Swim		
	7:30-9:00 Open Swim	7:30-9:00 Open Swim	7:30-9:00 Open Swim	7:30-9:00 Open Swim			

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100 Constitution Avenue, Shrewsbury, PA 17361
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SWIM LESSON SCHEDULE

2018 Winter 1

January 1- February 12

Fees:

Facility Member: \$65

Non-Member: \$130

*FREE class for Members

SWIM LESSON INFORMATION

Registration will begin on the dates listed and close after the first week of lessons. Participants may register at the front desk or online. Classes require a minimum number of three swimmers and are subject to combining. Specific class instructor cannot be guaranteed. For up-to-date class information please refer to the pool schedules located for pick up at the front desk. **Please contact the Aquatic Department with any questions.**

Revised 1/3/2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00-9:30 Water Acclimation Ms. Serena		11:00-11:30 Water Acclimation Ms. Serena		9:00-9:30 Water Acclimation Miss Mary Miss Sophie
		9:30-10:00 Water Movement Ms. Serena		11:45-12:15 Water Movement Ms. Serena		9:00-9:45 Stroke Introduction Mr. Matt
		10:00-10:30 Water Stamina Ms. Serena		12:15-12:45 Water Stamina Ms. Serena		9:30-10:00 Water Movement Miss Mary Miss Sophie
						9:45-10:30 Stroke Development Mr. Matt
						10:15-10:45 Parent/Child Miss Sophie
	5:00-5:45 Stroke Introduction Miss Mary	5:00-5:45 Stroke Introduction Ms. Mary	5:00-5:30 Water Acclimation Miss Charlie Miss Sophie			10:15-10:45 Water Stamina Miss Mary
	5:45-6:30 Stroke Development Miss Mary	5:30-6:00 Water Acclimation Mr. Matt	5:30-6:00 Water Movement Miss Charlie Miss Sophie			10:45-11:30 Stroke Mechanics Mr. Matt
	6:30-7:15 Stroke Mechanics Miss Mary	5:45-6:30 Stroke Development Ms. Mary	6:00-6:30 Water Stamina Miss Sophie			
		6:00-6:45 Stroke Introduction Mr. Matt				

UPCOMING 2018 SWIM SESSIONS

Winter 1 Session	January 1- February 12	Registration:	M: December 4	NM: December 11
Winter 2 Session	February 26- April 9	Registration:	M: February 5	NM: February 12
Spring Session	April 23- June 4	Registration:	M: April 2	NM: April 9
Summer Session	June 18- July 30	Registration:	M: May 28	NM: June 4

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