



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATIC POOL SCHEDULE

SOUTHERN BRANCH YMCA

2018 Spring Revised 3/28/18	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 Silver Splash	9:00-10:45 Swim Lessons	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		
				11:00-12:45 Swim Lessons			
	12:00-4:00 Open Swim	12:00-4:00 Open Swim	12:00-4:00 Open Swim	12:00-4:00 Open Swim	12:00-9:00 Open Swim	12:00-5:00 Open Swim	1:00-5:00 Open Swim
	4:00-8:00 Tidal Waves Swim Team	4:00-8:00 Tidal Waves Swim Team	4:00-8:00 Tidal Waves Swim Team	4:00-8:00 Tidal Waves Swim Team			
	5:00-7:30 Swim Lessons	5:00-7:00 Swim Lessons	5:00-7:30 Swim Lessons	5:00-8:00 Swim Lessons			
Please contact the Aquatic Department with any questions.		6:30-7:30 Aquacise					
	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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2018 Spring April 23- June 4		9:00-9:30 Water Acclimation Ms. Serena		10:00-10:30 Water Movement Ms. Serena		9:00-9:30 Water Acclimation Miss Sophie Miss Charlie
Fees: Facility Member: \$65 Non-Member: \$130		9:30-10:00 Water Movement Ms. Serena		11:00-11:30 Water Acclimation Ms. Serena		9:00-9:45 Stroke Introduction Miss Kristen
*FREE class for Members		10:00-10:30 Water Stamina Ms. Serena		11:45-12:15 Water Movement Ms. Serena		9:30-10:00 Water Movement Miss Sophie Miss Charlie
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.		10:30-11:00 Parent/Child Ms. Serena		12:15-12:45 Water Stamina Ms. Serena		9:45-10:30 Stroke Development Ms. Kristen
						10:15-10:45 Parent/Child Miss Sophie
	5:00-5:45 Stroke Introduction Miss Mary	5:00-5:45 Stroke Introduction Ms. Mary	5:30-6:00 Water Acclimation Miss Sophie Miss Charlie	5:30-6:00 Water Acclimation Miss Sophie		10:15-10:45 Water Stamina Miss Charlie
	5:45-6:30 Stroke Development Miss Mary	5:30-6:00 Water Acclimation Mr. Matt	6:00-6:30 Water Movement Miss Sophie Miss Charlie	6:15-7:00 Stroke Introduction Miss Sophie		10:45-11:30 Stroke Mechanics Ms. Kristen
	6:30-7:15 Stroke Mechanics Miss Mary	5:45-6:30 Stroke Development Ms. Mary	6:30-7:00 Water Stamina Miss Sophie Miss Charlie			10:45-11:30 Stroke Introduction Miss Charlie
		6:00-6:45 Stroke Introduction Mr. Matt				

Revised 3/28/2018

UPCOMING 2018 SWIM SESSIONS				
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
Fall 1 Session	September 3- October 15	Registration:	M: July 30	NM: August 6
Fall 2 Session	October 29- December 10	Registration:	M: October 8	NM: October 15

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