



AQUATIC SCHEDULE – SUMMER 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NATATORIUM POOL JUNE 2ND, 2018 THRU SEPT 3RD, 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 – CLOSED 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 – 12pm
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	
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		Arthritis Aquatics 12:15 – 1 pm		Arthritis Aquatics 12:15 – 1pm		
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 CLOSED	
Private Instruction 4:00 – 5:00pm	Private Instruction 4:00 – 5:00pm	Private Instruction 4:00 – 5:00pm	Private Instruction 4:00 – 5:00pm			
Family Swim 4:00 – 6:00pm (Lanes 1 & 2)	Water Acclimation 5:00 – 5:40pm & Swim Basics 5:00 – 5:40	Family Swim 4:00 – 6:00pm (Lanes 1 & 2)	Water Movement 5:00 – 5:40pm	Easter Seals 5:30pm-7:00pm (Rental)		
Private Instruction 5:00 – 5:30pm		Private Instruction 5:00 – 5:30pm		Family & Open Swim 5:45 – 7:00pm		
Teen Instruction 5:45pm-6:25 pm & Kids Watch Swim 5:45pm-6:45 pm (Lanes 1 – 2)	Water Movement 5:45 – 6:25pm & Stroke Introductions 5:45-6:25pm	Water in Motion 5:45 – 6:5pm & Water Acclimation 5:45pm-6:25pm	Swim Basics 5:45 – 6:25pm & Kid Watch Swim 5:45 – 6:45pm (Lanes 1 & 2)			
Stroke Development 6:30-7:10 pm	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)		York Divers 7:15-9 pm (Rental)			