



AQUATIC SCHEDULE – FALL SESSION I 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| NATATORIUM POOL SEPT 4th, 2018 THRU OCT 31st, 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 – 2pm 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. | Natorium Pool Schedule – Two Lap Lanes Available During Program Times | | | | | |
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| | 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 | Lap Swimming 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 | Water Acclimation (Y) 10:20 – 10:40am | |
| Water in Motion 10:15 – 11am & Water Acclimation (PS) 10:35–11:15am | | Private Instruction 10:35 – 11:05am | Closed 1 st and 3 rd Thursday of the month for cleaning 11 am – 12pm | Private Instruction 10:35 – 11:05am | Water Acclimation (PS) 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 | Open Swim (11:00 – 12:15) (Lanes 1 & 2) | |
| Arthritis Aquatics 12:15 – 1pm | YARCS 12:15 – 1pm | Arthritis Aquatics 12:15 – 1 pm | | Arthritis Aquatics 12:15 – 1pm | Water Exploration 11:30am – 12pm | |
| Homeschool 1 – 2pm | Open Swim 1:30pm – 3pm | | Open Swim 1:30pm – 3pm | | Family Swim 12:30 – 1:45 (Lanes 1 & 2) | |
| Senior Swim and Exercise 2–3 pm | | Senior Swim and Exercise 2–3pm | | Senior Swim and Exercise 2–3 pm | Sunday 1pm – 4pm | |
| Private Instruction 4:00 – 5:00pm | Private Instruction 4:00 – 5:00pm | Private Instruction 4:00 – 5:00pm | Private Instruction 4:00 – 5:00pm | | Lap Swimming (1 – 4) | |
| Family Swim 4:30 – 5:45pm (Lanes 1 & 2) | Water Acclimation (PS) 5:00 – 5:40pm & Water Movement (Y) 5:00 – 5:40 | Family Swim 4:30 – 5:45pm (Lanes 1 & 2) | Water Movement (Y) 5:00 – 5:40pm | Easter Seals 5:30pm–7:00pm (Rental) | Open Swim (1 – 2:15) (Lanes 1 & 2) | |
| Private Instruction 5:00 – 5:30pm | | Private Instruction 5:00 – 5:30pm | | Family & Open Swim 5:45 – 7:00pm (Lanes 1 & 2) | Family Swim 2:30 – 3:45 (Lanes 1 & 2) | |
| Teen Instruction 5:45pm–6:25 pm & Kids Watch Swim 5:45pm–6:45 pm (Lanes 1 – 2) | Water Movement (PS) 5:45 – 6:25pm & Stroke Introduction (Y) 5:45–6:25pm | Water in Motion 5:45 – 6:5pm & Water Stamina (PS) 5:45pm–6:25pm | Water Acclimation (Y) 5:45 – 6:25pm & Kid Watch Swim 5:45 – 6:45pm (Lanes 1 & 2) | | | |
| Stroke Mechanics (Y) 6:30pm–7:10pm | Water Exploration 6:30 – 7:00pm & Water Stamina (Y) 6:30–7:10pm | Water Movement (Y) 6:30pm–7:10pm | Stroke Introduction (Y) 6:30pm–7:10pm | | | |
| Stroke Development (Y) 6:30–7:10 pm | | | | | | |
| Adult Instruction 7:15–7:55 pm | York Divers 7:15–9 pm (Rental) | | York Divers 7:15–9 pm (Rental) | | | |