



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATIC POOL SCHEDULE

## SOUTHERN BRANCH YMCA

2018 Fall Revised 8/9/18	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	
<b>Lap Swimming</b> 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		
				10:00-12:45 Swim Lessons			
<b>Please contact the Aquatic Department with any questions.</b>	12:00-4:00 Open Swim	12:00-4:00 Open Swim	12:00-4:00 Open Swim	12:00-4:00 Open Swim	12:00-9:00pm Open Swim	12:00-5:00 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	4:00-8:00pm 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			
		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			

### SOUTHERN BRANCH YMCA

100 Constitution Avenue, Shrewsbury, PA 17361  
P7172350446F 717 227 9005 yorkcoymca.org



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# SWIM LESSON SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2018 Fall</b> September 3-October 15		9:00-9:30 <b>Water Acclimation</b> Ms. Serena		10:00-10:30 <b>Water Acclimation</b> Ms. Serena		9:00-9:30 <b>Water Acclimation</b> Miss Keely Miss Eleanor
<b>Fees:</b> Facility Member: \$65 Non-Member: \$130		9:30-10:00 <b>Water Movement</b> Ms. Serena		11:00-11:30 <b>Water Acclimation</b> Ms. Serena		9:00-9:45 <b>Stroke Introduction</b> Miss Sarah
<b>*FREE class for Members</b>		10:00-10:30 <b>Water Stamina</b> Ms. Serena		11:45-12:15 <b>Water Movement</b> Ms. Serena		9:30-10:00 <b>Water Movement</b> Miss Keely Miss Eleanor
<b>SWIM LESSON INFORMATION</b> 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. <b>Please contact the Aquatic Department with any questions.</b>		10:30-11:00 <b>Parent/Child</b> Ms. Serena		12:15-12:45 <b>Water Stamina</b> Ms. Serena		9:45-10:30 <b>Stroke Development</b> Miss Sarah
						10:15-10:45 <b>Parent/Child</b> Miss Keely
	5:30-6:15 <b>Stroke Introduction</b> Miss Francesca	5:00-5:45 <b>Stroke Introduction</b> Mr. Jim	5:30-6:00 <b>Water Acclimation</b> Miss Sarah Miss Eleanor	6:00-6:30 <b>Water Acclimation</b> Miss Hannah		10:15-10:45 <b>Water Stamina</b> Miss Eleanor
	6:15-7:00 <b>Stroke Development</b> Miss Hannah	5:30-6:00 <b>Water Acclimation</b> Miss Francesca	6:00-6:30 <b>Water Movement</b> Miss Sarah Miss Eleanor	6:30-7:15 <b>Adult Swim Lessons</b> Miss Hannah		10:45-11:30 <b>Stroke Mechanics</b> Miss Sarah
	7:00-7:45 <b>Stroke Mechanics</b> Miss Hannah	5:45-6:30 <b>Stroke Development</b> Mr. Jim	6:30-7:00 <b>Water Stamina</b> Miss Sarah Miss Eleanor			10:45-11:30 <b>Stroke Introduction</b> Miss Eleanor
Revised 8/9/2018		6:00-6:45 <b>Stroke Introduction</b> Miss Francesca				10:45-11:15 <b>Water Movement</b> Miss Keely

## UPCOMING 2018 SWIM SESSIONS

<b>Fall 1 Session</b>	September 3- October 15	Registration:	M: July 30	NM: August 6
<b>Fall 2 Session</b>	October 29- December 10	Registration:	M: October 8	NM: October 15
<b>Winter Session</b>	January 7- February 18	Registration:	M: December 3	NM: December 10
<b>Spring 1 Session</b>	March 4- April 15	Registration:	M: February 11	NM: February 18

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