



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATIC POOL SCHEDULE

SOUTHERN BRANCH YMCA

2018 Fall Revised 9/23/18	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		
	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	
The Aquatic Staff will do their best to accommodate each individual member's needs.	9:00-9:45 Deep Water						
	10:00-10:45 Deep Water		10:00-10:45 Deep Water	10:00-10:45 Deep Water	10:00-10:45 Deep Water		
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 Noodle Workout		10:00-10:45 Noodle Workout		10:00-10:45 Noodle Workout		
				10:00-12:45 Swim Lessons			
Please contact the Aquatic Department with any questions.	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	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	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 Deep Water					
	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
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SWIM LESSON SCHEDULE

2018 Fall

September 24-
November 5

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 9/24/2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00-9:30 Water Acclimation Ms. Serena		10:00-10:30 Water Acclimation Ms. Serena		9:00-9:30 Water Acclimation Miss Keely Miss Eleanor
		9:30-10:00 Water Movement Ms. Serena		11:00-11:30 Water Acclimation Ms. Serena		9:00-9:45 Stoke Introduction Miss Sarah
		10:00-10:30 Water Stamina Ms. Serena		11:45-12:15 Water Movement Ms. Serena		9:30-10:00 Water Movement Miss Keely Miss Eleanor
		10:30-11:00 Parent/Child Ms. Serena		12:15-12:45 Water Stamina Ms. Serena		9:45-10:30 Stroke Development Miss Sarah
						10:15-10:45 Parent/Child Miss Keely
	5:30-6:15 Stroke Introduction Miss Sarah	5:00-5:45 Stroke Introduction Mr. Jim	5:30-6:00 Water Acclimation Miss Sarah Miss Eleanor	6:00-6:30 Water Acclimation Miss Hannah		10:15-10:45 Water Stamina Miss Eleanor
	6:15-7:00 Stroke Development Miss Hannah	5:30-6:00 Water Acclimation Ms. Serena	6:00-6:30 Water Movement Miss Sarah Miss Eleanor	6:30-7:15 Stroke Introduction Miss Hannah		10:45-11:30 Stroke Development Miss Sarah
	7:00-7:45 Stroke Mechanics Miss Hannah	6:00-6:45 Stroke Introduction Mr. Jim	6:30-7:00 Water Stamina Miss Sarah Miss Eleanor			10:45-11:30 Stroke Introduction Miss Eleanor
						10:45-11:15 Water Movement Miss Keely

UPCOMING 2018-2019 SWIM SESSIONS

Fall Session	Sept. 24- November 10	Registration:	M: July 30	NM: August 6
Fall 2 Session	Nov. 12- December 22	Registration:	M: October 29	NM: November 2
	**6 week session- Members- \$55 Non-members- \$110			
Winter Session	January 7- February 18	Registration:	M: December 3	NM: December 10
Spring 1 Session	March 4- April 15	Registration:	M: February 11	NM: February 18

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