



AQUATIC SCHEDULE – WINTER SESSION 2019

NATATORIUM POOL JAN 1st, 2019 THRU APRIL 31st, 2019 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.	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 – 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	Child Care Swim 10 – 10:30am 10:30 – 11am	Private Instruction 10 – 10:30am	Child Care Swim 10 – 10:30am 10:30 – 11am	Private Instruction 10 – 10:30am	Water Acclimation (Y) 10:00 – 10:40am	
Water in Motion 10:15 – 11am		Private Instruction 10:35 – 11:05am	Closed 1 st and 3 rd Thursday of the month for cleaning 11 am – 12 pm	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		Private Instructions 11:15 – 11:45	Open Swim (11:00 – 12:15) (Lanes 1 & 2)	
Arthritis Aquatics 12:00pm–1pm	YARCS 12:15pm – 1pm	Arthritis Aquatics 12:00pm–1 pm		Arthritis Aquatics 12:00pm – 1pm	Water Exploration 11:30am–12pm	
Homeschool 1 – 2pm (Lanes 1,2,5 & 6)	Open Swim 1:30 – 2:45pm		Open Swim 1:30 – 2:45pm		Family Swim 12:30 – 1:45 (Lanes 1 & 2)	
Senior Swim and Exercise 2pm – 3 pm		Senior Swim and Exercise 2pm –3pm		Senior Swim and Exercise 2pm –3 pm	Sunday 1 pm – 4pm Lap Swimming (1 – 4) Open Swim (1 – 2:15) (Lanes 1 & 2) Family Swim 2:30 – 3:45 (Lanes 1 & 2)	
	West York Swim Team 3:30pm – 5:30pm (CLOSED)	West York Swim Team 3:30 – 5:30 (CLOSED)	West York Swim Team 3:30 – 5:30 (CLOSED)			
Private Lesson 4 – 4:30pm 4:30 – 5pm 5:00 – 5:30pm			Water Acclimation (Y) 5:45pm – 6:25pm (Lanes 5 & 6)	Family Swim 5pm – 6pm (Lanes (1 & 2)		
Family Swim 5pm – 6pm (Lanes (1 & 2)	Water Acclimation (PS) 5:45pm – 6:25pm (Lanes 5 & 6)	Water in Motion 5:30 – 6:15pm (Lanes 1 & 2)	Kid Watch Swim 5:45pm – 6:30pm (Lanes 1 & 2)			
Kids Watch Swim 5:45pm–6:30 pm (Lanes 1 – 2)	Stroke Introduction (Y) 5:45pm – 6:25pm (Lanes 1 & 2)	Water Stamina (PS) 5:45pm–6:25pm (Lanes 5 & 6)	Easter Seals 5:45pm–7:15pm (Rental) (Lanes 5 & 6)			
Teen Instruction 5:45pm–6:25 pm (Lanes 5 & 6)	Water Movement (PS) 6:30 – 7:10pm (Lanes 1 & 2)	Water Movement (Y) 6:30pm–7:10pm (Lanes 5 & 6)	Stroke Introduction (Y) 6:30pm – 7:10pm (Lanes 1 & 2)			
Stroke Mechanics (Y) 6:30pm–7:10pm (Lanes 5 & 6)	Water Stamina (Y) 6:30pm – 7:10pm (Lanes 5 & 6)	Family Swim 6:30pm – 7:30pm (Lanes (1 & 2)				
Stroke Development (Y) 6:30pm – 7:10pm (Lanes 5 & 6)	Private Instruction 7:15 – 7:45	Private Instruction 7:15 – 7:45	Private Instruction 7:15 – 7:45			
Adult Instruction 7:15pm–7:55 pm (Lanes 5 & 6)	York Divers 7:15pm–9 pm (Rental)		York Divers 7:15pm–9 pm (Rental)			