



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATIC POOL SCHEDULE

## SOUTHERN BRANCH YMCA

2019 Spring I Revised 2/05/19	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	
	8:00-8:40 Arthritis		8:00-8:40 Arthritis		8:00-8:40 Arthritis		
Multiple activities are often scheduled in this pool at the same time.	9:00-9:45 Silver Splash	9:00-11:0 Swim Lessons	9:00-9:45 Deep Water	9:00-10:00 Water in Motion	9:00-9:45 Deep Water	9:00-12:00 Swim Lessons	
	9:00-9:45 Deep Water						
The Aquatic Staff will do their best to accommodate each individual member's needs.	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		
<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.				10:00-12:45 Swim Lessons			
	12:00-3:00 Open Swim	12:00-3:00 Open Swim	12:00-3:00 Open Swim	12:00-3:00 Open Swim	12:00-3:00 Open Swim	12:00-5:00 Open Swim	1:00-5:00 Open Swim
	3:30-5:30 SHS Swim Team	3:30-5:30 SHS Swim Team	3:30-5:30 SHS Swim Team	3:30-5:30 SHS Swim Team	3:30-5:30 SHS Swim Team		
	5:30-8:00 YMCA Swim Team	5:30-8:00 YMCA Swim Team	5:30-8:00 YMCA Swim Team	5:30-8:00 YMCA Swim Team	5:30-8:00 YMCA Swim Team		
<b>Please contact the Aquatic Department with any questions.</b>	5:30-7:45 Swim Lessons	5:30-7:00 Swim Lessons	5:30-7:00 Swim Lessons		5:30-9:00 Open Swim		
		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			



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# SWIM LESSON SCHEDULE

## 2019 Spring I

March 4-  
April 15

### Fees:

Facility Member: \$65  
Non-Member: \$130

### 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 2/11/2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				10:30-11 <b>Water Acclimation</b> Ms. Serena		9:00-9:30 <b>Water Acclimation</b> TBD
		9:30-10:00 <b>Water Movement</b> Ms. Serena		11:00-11:30 <b>Water Stamina</b> Ms. Serena		9:00-9:45 <b>Stroke Introduction</b> TBD
		10:00-10:30 <b>Water Stamina</b> Ms. Serena		11:45-12:15 <b>Water Stamina</b> Ms. Serena		9:30-10:00 <b>Water Movement</b> TBD
		10:30-11:00 <b>Parent/Child</b> Ms. Serena		12:15-12:45 <b>Water Movement</b> Ms. Serena		9:45-10:30 <b>Stroke Development</b> TBD
						10:15-10:45 <b>Parent/Child</b> TBD
	5:30-6:15 <b>Stroke Introduction</b> TBD	6:00-6:30 <b>Water Acclimation</b> Miss Sophie	5:30-6:00 <b>Water Acclimation</b> TBD	6:00-6:45 <b>Stroke Introduction</b> TBD		10:45-11:15 <b>Water Stamina</b> TBD
	6:15-7:00 <b>Stroke Development</b> Miss Sophie	5:30-6:15 <b>Stroke Development</b> Mr. Jim	6:00-6:30 <b>Water Movement</b> Miss Sophie	6:45-7:30 <b>Stroke Development</b> TBD		10:45-11:30 <b>Stroke Mechanics</b> TBD
	7:00-7:45 <b>Stroke Mechanics</b> Miss Sophie	6:30-7:00 <b>Water Acclimation</b> Miss Sophie	6:30-7:00 <b>Water Stamina</b> Miss Sophie			
		6:15-7 <b>Stroke Introduction</b> Mr. Jim				

### UPCOMING 2019 SWIM SESSIONS

<b>Spring I Session</b>	March 4- April 15	Registration:	M: February 11	NM: February 18
<b>Spring II Session</b>	April 29 – June 10	Registration:	M: April 8	NM: April 15
<b>Summer Session</b>	June 24-August 5	Registration:	M: June 3	NM: June 10

### SOUTHERN BRANCH YMCA

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