



# AQUATIC SCHEDULE – WINTER SESSION 2019

<b>NATATORIUM POOL</b> <b>FEB 1<sup>st</sup>, 2019</b> <b>THRU</b> <b>MAR 31<sup>st</sup>, 2019</b>  <b>POOL TEMP:</b> <b>84–86 Degrees</b>  <b>Youth Swim</b> (Ages 6–11) Mon and Thurs 5:45–6:45pm (must be in Kid Watch program)  <b>Family Swim</b> 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. <b>All children ages 5 and under must have an adult within arm reach at all times.</b>  <b>Open Swim</b> 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. <b>All children ages 5 and under must have an adult within arm reach at all times.</b>  <b>Lap Swim</b> 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.	<b>Natatorium Pool Schedule – Two Lap Lanes Available During Program Times</b>					
	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		
Private Instruction 10 – 10:30am		Private Instruction 10 – 10:30am		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 <sup>st</sup> and 3 <sup>rd</sup> 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		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		
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)	
					<b>Sunday</b> 1 pm – 4pm	
	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)		Lap Swimming (1 – 4)	
Private Lesson 4 – 4:30pm 4:30 – 5pm 5:00 – 5:30pm				Family Swim 5pm – 6pm (Lanes 1 & 2)	Open Swim (1 – 2:15) (Lanes 1 & 2)	
Family Swim 5pm – 6pm (Lanes 1 & 2)		Water in Motion 5:30 – 6:15pm (Lanes 1 & 2)	Kid Watch Swim 5:45pm – 6:30pm (Lanes 1 & 2)		Family Swim 2:30 – 3:45 (Lanes 1 & 2)	
Kids Watch Swim 5:45pm–6:30 pm (Lanes 1 – 2)			Easter Seals 5:45pm–7:15pm (Rental) (Lanes 5 & 6)			
Stroke Introduction (Y) 5:45pm – 6:25pm (Lanes 5 & 6)	Water Acclimation (PS) 5:45pm – 6:25pm (Lanes 5 & 6)	Water Acclimation (Y) 5:45pm – 6:25pm (Lanes 5 & 6)	Water Stamina (Y) 5:45pm – 6:25pm (Lanes 5 & 6)			
Stroke Mechanics (Y) 6:30pm–7:10pm (Lanes 5 & 6)	Water Movement (PS) 5:45pm – 6:25pm (Lanes 1 & 2)	Water Movement (Y) 6:30pm–7:10pm (Lanes 5 & 6)	Stroke Introduction (Y) 6:30pm – 7:10pm (Lanes 1 & 2)			
Stroke Development (Y) 6:30pm – 7:10pm (Lanes 5 & 6)		Family Swim 6:30pm – 7:30pm (Lanes 1 & 2)	Private Instruction 7:15 – 7:45			
Adult Instruction 7:15pm–7:55 pm (Lanes 5 & 6)	York Divers 7:15pm–9 pm (Rental)	Private Instruction 7:15pm – 7:45	York Divers 7:15pm–9 pm (Rental)			