



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATIC POOL SCHEDULE

GRAHAM AQUATIC CENTER POOL SCHEDULE

2019 Sept/Oct

Revised 8/26/19

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
September 3rd thru November 3rd.	5:30-9:00am Lap Swim	5:30-9:00am Lap Swim	5:30-9:00am Lap Swim	5:30-9:00am Lap Swim	5:30-9:00am Lap Swim		
Pool Temperature: 79-80 Degrees		5:45-6:45am <i>Senior Swim Team</i>		5:45-6:45am <i>Senior Swim Team</i>		7:00-8:00am Lap Swim	
Schedule is subject to change						8:00-11:00am <i>Senior Swim Team</i>	
Multiple activities are often scheduled in this pool at the same time.						10:00-10:45am <i>Pre-Swim Team</i>	
The Aquatic Staff will do their best to accommodate each individual member's needs.	11:30-1:30pm Lap Swim	11:30-1:30pm Lap Swim	11:30-1:30pm Lap Swim	11:30-1:30pm Lap Swim	11:30-1:30pm Lap Swim	12:00-3:00pm Lap Swim	
	4:00-7:00pm <i>Senior Swim Team</i>	4:00-7:00pm <i>Senior Swim Team</i>	4:00-7:00pm <i>Senior Swim Team</i>	4:00-7:00pm <i>Senior Swim Team</i>	4:00-6:30pm <i>Senior Swim Team</i>		
	5:45-6:45pm <i>Novice Swim Team</i>	5:45-6:45pm <i>Novice Swim Team</i>	6:00-6:45pm <i>Pre-Swim Team</i>	5:45-6:45pm <i>Novice Swim Team</i>	5:45-6:45pm <i>Novice Swim Team</i>		
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.	6:00-8:00pm <i>Junior Swim Team</i>	6:00-8:00pm <i>Junior Swim Team</i>	6:00-7:00pm <i>Junior Swim Team</i>	6:00-8:00pm <i>Junior Swim Team</i>	6:00-7:30pm <i>Junior Swim Team</i>		
	6:00-8:00pm Lap Swim	6:00-8:00pm Lap Swim	6:00-8:00pm Lap Swim	6:00-8:00pm Lap Swim	6:00-8:00pm Lap Swim		
	6:45-8:00pm <i>Advanced Swim Team</i>	6:45-8:00pm <i>Advanced Swim Team</i>	6:45-8:00pm <i>Advanced Swim Team</i>	6:45-8:00pm <i>Advanced Swim Team</i>	6:45-8:00pm <i>Advanced Swim Team</i>		
	Please Note:						
	- Swimmers under the age of 12 must be accompanied by an adult (18 and older).						
	- The Graham Building is closed from 9:00-11:30am and 1:30-3:30pm						
	- Lap swimming is limited to the warmup/cool down pool during the 6-8pm time frame due to swim team practice on the competition side of the pool. One lane will always be available for lap swim.						
	- Saturday Lap Swim may occasionally be unavailable due to Swim Meets						
	2019 Winter Swim Meets:						
	- September 28 th						
	- October 4 th & 5 th						
Please contact the Aquatic Department with any questions.							



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SWIM LESSON SCHEDULE

2019 Fall 1

Sept. 2 - Oct. 14

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 8/8/2019

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

UPCOMING 2019 SWIM SESSIONS

Fall 1 Session	Sept. 2-Oct. 14	Registration:	M: July 29	NM: August 5
Fall 2 Session	Oct. 28-Dec. 9	Registration:	M: Oct. 7	NM: Oct. 14

SOUTHERN BRANCH YMCA

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