



# May 2017 Pools

Please note that on occasion due to circumstances beyond our control, there will be pool closures. Please refer to our FaceBook page for the most current updates. You must be a current YMCA member to use pools, bring your membership card with you and be prepared to present at sign in at each pool. Thank you!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>SUNY PARKING INFORMATION Please use Lot EC-5 for Laker Hall parking. A permit is not required.</p>	<p><b>1</b> <b>LAKER</b> 7am-9am Adult Lap 11:30a-12:30p Aqua Fit &amp; Adult Lap <b>OHS</b> 6pm-8pm Adult Lap</p>	<p><b>2</b> <b>OMS</b> 5:30-7pm Swim Lessons</p>	<p><b>3</b> <b>LAKER</b> 7am-9am Adult Lap 11:30a-12:30p Aqua Fit &amp; Adult Lap <b>OHS</b> 6pm-8pm Adult Lap</p>	<p><b>4</b> <b>OMS</b> 5:30-7pm Swim Lessons</p>	<p><b>5</b> <b>LAKER</b> 7am-9am Adult Lap 11:30a-12:30p Aqua Fit &amp; Adult Lap</p>	<p><b>6OMS</b> 11:30-1pm Swim Lessons  1pm-2pm Family Swim</p>
<p><b>7</b></p>	<p><b>8</b> <b>LAKER</b> 7am-9am Adult Lap 11:30a-12:30p Aqua Fit &amp; Adult Lap <b>OHS</b> 6pm-8pm Adult Lap</p>	<p><b>9</b> <b>OMS</b> 5:30-7pm Swim Lessons</p>	<p><b>10</b> <b>LAKER</b> 7am-9am Adult Lap 11:30a-12:30p Aqua Fit &amp; Adult Lap <b>OHS</b> 6pm-8pm Adult Lap</p>	<p><b>11</b> <b>OMS</b> 5:30-7pm Swim Lessons</p>	<p><b>12</b> <b>LAKER</b> 7am-9am Adult Lap 9am-10am Aqua Fit &amp; Adult Lap</p>	<p><b>13</b> <b>OMS</b> 11:30-1pm Swim Lessons  1pm-2pm Family Swim</p>
<p><b>14</b></p>	<p><b>15</b> <b>LAKER</b> 7am-10am Adult Lap 9am-10am Aqua Fit &amp; Adult Lap <b>OHS</b> 6pm-8pm Adult Lap</p>	<p><b>16</b> <b>OMS</b> 5:30-7pm Swim Lessons</p>	<p><b>17</b> <b>LAKER</b> 7am-9am Adult Lap 9am-10am Aqua Fit &amp; Adult Lap <b>OHS</b> 6pm-8pm Adult Lap</p>	<p><b>18</b> <b>OMS</b> 5:30-7pm Swim Lessons</p>	<p><b>19</b> <b>LAKER</b> 7am-9am Adult Lap 9am-10am Aqua Fit &amp; Adult Lap</p>	<p><b>20</b> <b>NO OMS POOL</b></p>
<p><b>21</b></p>	<p><b>22</b> <b>LAKER</b> 7am-9am Adult Lap 9am-10am Aqua Fit &amp; Adult Lap <b>OHS</b> 6pm-8pm Adult Lap</p>	<p><b>23</b> <b>OMS</b> 5:30-7pm Swim Lessons</p>	<p><b>24</b> <b>LAKER</b> 7am-9am Adult Lap 9am-10am Aqua Fit &amp; Adult Lap <b>OHS</b> 6pm-8pm Adult Lap</p>	<p><b>25</b> <b>OMS</b> 5:30-7pm Swim Lessons</p>	<p><b>26</b> <b>LAKER</b> 7am-9am Adult Lap 9am-10am Aqua Fit &amp; Adult Lap</p>	<p><b>27</b> <b>NO OMS POOL</b></p>
<p><b>28</b></p>	<p><b>29</b> <b>LAKER</b> 7am-9am Adult Lap 9am-10am Aqua Fit &amp; Adult Lap  <b>NO OHS POOL</b></p>	<p><b>30</b> <b>OMS</b> 5:30-7pm Swim Lessons</p>	<p><b>31</b> <b>LAKER</b> 7am-9am Adult Lap 9am-10am Aqua Fit &amp; Adult Lap <b>OHS</b> 6pm-8pm Adult Lap</p>			

# Swim Lessons at the Oswego Middle School

## Tuesday & Thursday or Saturdays. Pre-registration Required.

### Swim Lesson Levels

**Little Dippers:** Parent & Child Water Exploration, for children 6 wks to 3 yrs.

**Pee Wee:** Children ages 3-5. Introduction to the pool and basic swim skills.

**Level 1:** Beginner swimmers, builds skills and confidence in and around the water.

**Level 2:** For swimmers that are acclimated to water, try new skills with encouragement, can float on stomach and back and put face in water. Beginning development of front/back crawl.

**Level 3:** For swimmers that can swim front/back crawl, beginnings of breaststroke development and can swim ½ length of pool.

**Level 4:** Can swim front/back crawl, breaststroke the length of pool. Diving, stroke refinement and endurance are developed in this class.

**Level 5:** Provides further coordination and refinement of all four strokes.

**Level 6:** Refines strokes and increases endurance, working towards being proficient in all four strokes.

<b>Tue</b>	<b>Thur</b>	<b>Sat</b>
<b>Little Dippers &amp; Pee Wee</b> 5:30pm-6:00pm	<b>Little Dippers &amp; Pee Wee</b> 5:30pm-6:00pm	<b>Little Dippers &amp; Pee Wee</b> 11:30am-12:00pm
<b>Level 1&amp;2</b> 6:00pm-6:30pm	<b>Level 1&amp;2</b> 6:00pm-6:30pm	<b>Level 1&amp;2</b> 12:00pm-12:30pm
<b>Levels 3-6</b> 6:30pm-7:00pm	<b>Levels 3-6</b> 6:30pm-7:00pm	<b>Levels 3-6</b> 12:30pm-1:00pm

**Adult Lap Swim:** Lap swim only for 17 years of age and older. Kickboards, fins & swim buoys are allowed.

**Aqua Fit:** A class for everyone, especially for those with joint ailments. Get fit with this challenging water workout. Instructor: Sallye Glennen

**Family Swim:** For families to enjoy the pool and splash around together!

*\*Please Note: On Monday, Wednesday & Friday, Adult Lap Swim & Aqua Fit class share the Laker Hall pool*