



August 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, present your membership card & sign in at each pool. There are NO swim lessons for August. Thank you!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
SUNY PARKING INFORMATION Please use Lot EC-5 for Laker Hall parking. A permit is not required.	OHS ENTRANCE INFORMATION Please use the Main Entrance to the Oswego High School on Buccaneer Boulevard	1	2 LAKER 7am-9am Adult Lap 9am-10am Aqua Fit & Adult Lap OHS 5:30pm-7:30pm Adult Lap	3	4 LAKER 7am-9am Adult Lap 9am-10am Aqua Fit & Adult Lap	5
6	7 NO LAKER POOL OHS 5:30pm-7:30pm Adult Lap	8	9 NO LAKER POOL OHS 5:30pm-7:30pm Adult Lap	10	11 LAKER 7am-9am Adult Lap 9am-10am Aqua Fit & Adult Lap	12
13	14 LAKER 7am-9am Adult Lap 9am-10am Aqua Fit & Adult Lap OHS 5:30pm-7:30pm Adult Lap	16	16 LAKER 7am-9am Adult Lap 9am-10am Aqua Fit & Adult Lap OHS 5:30pm-7:30pm Adult Lap	17	18 LAKER 7am-9am Adult Lap 9am-10am Aqua Fit & Adult Lap	19
20	21 NO LAKER POOL OHS 5:30pm-7:30pm Adult Lap	22	23 NO LAKER POOL OHS 5:30pm-7:30pm Adult Lap	24	25 NO LAKER POOL	26
27	28 LAKER 7am-9am Adult Lap 9am-10am Aqua Fit & Adult Lap OHS 5:30pm-7:30pm Adult Lap	29	30 LAKER 7am-9am Adult Lap 9am-10am Aqua Fit & Adult Lap OHS 5:30pm-7:30pm Adult Lap	31	September 1 LAKER 7am-9am Adult Lap 9am-10am Aqua Fit & Adult Lap	

Swim Lessons

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.

Tue	Thur	Sat
Little Dippers & Pee Wee 5:30pm-6:00pm	Little Dippers & Pee Wee 5:30pm-6:00pm	Little Dippers & Pee Wee 11:30am-12:00pm
Level 1&2 6:00pm-6:30pm	Level 1&2 6:00pm-6:30pm	Level 1&2 12:00pm-12:30pm
Levels 3-6 6:30pm-7:00pm	Levels 3-6 6:30pm-7:00pm	Levels 3-6 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*