



September 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 updates. You must be a current YMCA member to use pools, present your membership card & sign in at each pool. No guests, no reciprocal members are permitted. 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.	OMS & OHS ENTRANCE INFORMATION: Please use the Main Entrances to the Schools				1 LAKER 7am-9am Adult Lap 9am-10am Aqua Fit & Adult Lap	2 NO OMS POOL
3	4 YMCA CLOSED POOLS CLOSED	5 OMS 5:30-7pm Swim Lessons	6 LAKER 7am-9am Adult Lap 9am-10am Aqua Fit & Adult Lap NO OHS POOL	7 OMS 5:30-7pm Swim Lessons	8 LAKER 7am-9am Adult Lap 9am-10am Aqua Fit & Adult Lap	9 OMS 11:30-1pm Swim Lessons 1pm-2pm Family Swim
10	11 LAKER 7am-9am Adult Lap 9am-10am Aqua Fit & Adult Lap OHS 6pm-8pm Adult Lap	12 OMS 5:30-7pm Swim Lessons	13 LAKER 7am-9am Adult Lap 9am-10am Aqua Fit & Adult Lap OHS 6pm-8pm Adult Lap	14 OMS 5:30-7pm Swim Lessons	15 LAKER 7am-9am Adult Lap 9am-10am Aqua Fit & Adult Lap	16 OMS 11:30-1pm Swim Lessons 1pm-2pm Family Swim
17	18 LAKER 7am-9am Adult Lap 9am-10am Aqua Fit & Adult Lap OHS 6pm-8pm Adult Lap	19 OMS 5:30-7pm Swim Lessons	20 LAKER 7am-9am Adult Lap 9am-10am Aqua Fit & Adult Lap OHS 6pm-8pm Adult Lap	21 OMS 5:30-7pm Swim Lessons	22 LAKER 7am-9am Adult Lap 9am-10am Aqua Fit & Adult Lap	23 OMS 11:30-1pm Swim Lessons 1pm-2pm Family Swim
24	25 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap OHS 6pm-8pm Adult Lap	26 OMS 5:30-7pm Swim Lessons	27 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap OHS 6pm-8pm Adult Lap	28 11:30am-12:30pm Adult Lap OMS 5:30-7pm Swim Lessons	29 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap	30 OMS 11:30-1pm Swim Lessons 1pm-2pm Family Swim

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*