



January 2018 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.	1 <i>YMCA CLOSED</i>	2 NO SWIM LESSONS	3 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap OHS 6pm-8pm Adult Lap	4 NO SWIM LESSONS	5 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap	6 NO SWIM LESSONS
7 OMS & OHS ENTRANCE INFORMATION: Please use the Main Entrances to the Schools	8 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap OHS 6pm-8pm Adult Lap	9 NO SWIM LESSONS	10 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap OHS 6pm-8pm Adult Lap	11 NO SWIM LESSONS	12 NO LAKER POOL	13 NO SWIM LESSONS
14	15 NO LAKER POOL NO OHS POOL	16 NO SWIM LESSONS	17 NO LAKER POOL NO OHS POOL	18 NO SWIM LESSONS	19 NO LAKER POOL	20 NO SWIM LESSONS
21	22 NO LAKER POOL OHS 6pm-8pm Adult Lap	23 OMS 5:30-7pm Swim Lessons	24 NO LAKER POOL OHS 6pm-8pm Adult Lap	25 OMS 5:30-7pm Swim Lessons	26 NO LAKER POOL	27 OMS 11:30-1pm Swim Lessons 1pm-2pm Family Swim
28	29 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap OHS 6pm-8pm Adult Lap	30 OMS 5:30-7pm Swim Lessons	31 LAKER 11:30am-12:30pm Aqua Fit & Adult Lap NO OHS			

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*