



AQUATICS SCHEDULE

August 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|---|--|---------|
| Lap Swim 5:00-7:55am | | | | | Lap Swim 7:00-8:25am | |
| Cyndi | Lyn | Lyn | Julie | Julie | Water Aerobics 8:30-9:25am | |
| Water Aerobics 8:00-8:55am Deep Water Deep Water | | | | | Lori | Jessica |
| Water Aerobics 9:00-9:55am | | | | | Family Swim and Swim Lessons 9:30am-2:00pm | |
| Cyndi | Lyn | Lyn | Julie | Julie | One Lap Lane 12:30-2:00pm | |
| Family Swim and Swim Lessons 10:00am-12:00pm | | | | | Family Swim and Lap Swim 9:30am-5:55pm | |
| Lap Swim 12:00-1:25pm | | | | | | |
| Arthritis Aerobics Julie 1:30-2:25pm | Deep Water Arthritis Aerobics Julie 1:30-2:25pm | Arthritis Aerobics Julie 1:30-2:25pm | Deep Water Arthritis Aerobics Julie 1:30-2:25pm | Arthritis Aerobics Julie 1:30-2:25pm | Family Swim/ Lap Swim 2:00pm-5:55pm | |
| Family Swim/ Swim Lessons 2:30-6:00pm One Lap Lane 2:30pm-3:30pm | Family Swim/ Swim Lessons 2:30-7:00pm One Lap Lane 2:30-3:30 | Family Swim/ Swim Lessons 2:30-6:00pm One Lap Lane 2:30pm-3:30pm | Family Swim/ Swim Lessons 2:30-7:00pm One Lap Lane 2:30-3:30 pm | Family Swim/ Swim Lessons 2:30-5:30pm | Lap Swim 6:00-7:30pm | |
| Lap Swim 6:00-6:55pm | | Lap Swim 6:00-6:55pm | | Lap Swim 5:30-7:30pm | | |
| Water Aerobics Connie 7:00-7:55pm | Deep Water Aerobics Lori 7:00-7:55pm | Water Aerobics Anndrea 7:00-7:55pm | Deep Water Aerobics Connie 7:00-7:55pm | Family Swim/ Lap Swim 7:30-9:30pm | | |
| Family and Lap Swim 8:00-8:30pm Lap Swim 8:30-9:30pm | Lap Swim 8:00-9:30pm | Family and Lap Swim 8:00-8:30pm Lap Swim 8:30-9:30pm | Lap Swim 8:00-9:30pm | | | |

Irvin Deutscher Family YMCA

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Lap Swim is open to participants who can comfortably swim the length of the pool (25 yards) without stopping. The pool is divided in lanes. Each lane has its own speed (slow, medium or fast. If there are two people per lane, the swimmer may circle swim or split the lane. If there are more than 2 people per lane, circle swim is mandatory. If there are swimmers in the lane you are entering, please notify them of your arrival before you begin swimming. See the lifeguard for further clarification of lap swim etiquette. Some equipment is available for use. Failure to abide by lap swim rules may result in dismissal from pool area. During lap swim times there will be one lane in the pool during those designated times.

Family Swim is designed to provide a safe, fun environment for members to enjoy the water. Family swim is available at various times of the day. When one or two lap lanes are designated during family swim, participants must refrain from entering the lap lanes, hanging on the lane lines or otherwise interrupting lap swim participants. Failure to abide by family swim guidelines may result in dismissal from the pool area.

Water Walking is a great workout for participants of all levels. The water provides great resistance for those looking for an intense workout and the buoyancy assists those seeking a gentler workout. During certain lap swim times, one lane may be used for water walking. If only one or two water walkers are present, this lane may be split with a lap swimmer as well.

Water Aerobics is an exhilarating total body workout in the pool! These instructor led classes include an active warm-up, cardiovascular session, strengthening exercises, a cool-down and stretching. If you are new to water aerobics, please inform the instructor so you can learn proper body alignment.

Deep Water Participants wear floatation belts and all exercises are performed in the deep end completely suspended for the duration of the class. Exercises provide a more challenging core focused full body workout. This is zero impact class that takes all the pressure off of the lower body.

Pool Rules:

1. In compliance with California State Law, a soap shower is required before entering the pool.
2. Walk on the pool deck at all times.
3. Water in plastic bottles is allowed on the pool deck – no glass containers or food is permitted.
4. Diving, running jumps, back jumps, or “twisty jumps” are not permitted.
5. Children under five years and younger may not use the spa/hot tub.
6. Children six and younger MUST be accompanied by an adult or member over 18 at all times.
7. Children seven to eleven may swim by themselves, but a parent or member over 18 years of age MUST be in the facility.
8. Inappropriate behavior and language will not be permitted. No rough housing or horse play.
9. The lifeguard on duty is in charge (the lifeguard has the right to remove participants, change or cancel an activity, etc. in the event that the safety of a participant is in jeopardy).
10. Bathing suits are required. No street clothes, cutoffs or diapers are allowed.
11. Children under three must wear plastic pants or swim diapers.

Contact: Ben Pantner, Aquatics Director at 925-887-4540 or bpantner@ymcaeastbay.org