



AQUATICS SCHEDULE

March 2020

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	
Water Aerobics 8:00-8:55am Deep Water Amanda Lyn Lyn Julie Julie					Water Aerobics 8:30-9:25am	
Water Aerobics 9:00-9:55am Deep Water Amanda Lyn Lyn Julie Julie					Lori	Julie
Family Swim and Swim Lessons 10:00am-12:00pm					Family Swim and Swim Lessons 9:30am-2:00pm	Family Swim and Lap Swim 9:30am-5:55pm
Lap Swim 12:00-1:25pm					One Lap Lane 12:30-2:00pm	
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 One Lap Lane 2:30-3:30pm		
Lap Swim 6:00-6:55pm		Lap Swim 6:00-6:55pm		Lap Swim 5:30-7:30pm	Lap Swim 6:00-7:30pm	
Water Aerobics Connie 7:00-7:55pm	Deep Water Aerobics Lori 7:00-7:55pm	Water Aerobics Katie 7:00-7:55pm	Deep Water Aerobics Connie 7:00-7:55pm			
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	Family Swim/ Lap Swim 7:30-9:30pm	Pool Hours Monday-Friday: 5:00am-9:30pm Saturdays and Sundays: 7:00am-7:30pm	

Irvin Deutscher Family YMCA

350 Civic Drive, Pleasant Hill CA 94523

P 925 687 8900 F 925 825 1879 www.ymca-cba.org

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.

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 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 twelve 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