

Hillcrest Family YMCA- Pool Schedule- June 2022

| Time | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | | | | | | |
|-----------------|---------------------------|---|--|---|--|--|----------|--------|--|---|--------|--------|--------|--------|
| Morning | 6:00 AM | 6:00-8:00 am | 6:00-8:00 am | 6:00-8:00 am | 6:00-8:00 am | 6:00-8:00 am | | | | | | | | |
| | 6:30 AM | Drop in | Drop in | Drop in | Drop in | Drop in | | | | | | | | |
| | 7:00 AM | Lap swim/ water walking | Lap swim/ water walking | Lap swim/ water walking | Lap swim/ water walking | Lap swim/ water walking | | | | | | | | |
| | 7:30 AM | | | | | | | | | | | | | |
| | 8:00 AM | Break | Break | Break | Break | Break | | | | | | | | |
| | 8:30 AM | 8:30- 9:15 am | 8:30- 9:15 am | 8:30- 9:15 am | 8:30- 9:15 am | 8:30- 9:15 am | | | 8:00-9:30 am Drop in Lap swim/ water walking | | | | | |
| | 9:00 AM | Aquafit- Shallow Water | Aquafit- Shallow Water | Aquafit- Shallow Water | Aquafit- Shallow Water | Aquafit- Shallow Water | | | | | | | | |
| | 9:15 AM | | | | | | | | | | | | | |
| | 9:30 AM | 9:15-10:00 am | 9:15-10:00 am | 9:15-10:00 am | 9:15-10:00 am | | | | | | | | | |
| | | Drop-in Lap Swim/ Water Walking | Drop-in Lap Swim/ Water Walking | Drop-in Lap Swim/ Water Walking | Drop-in Lap Swim/ Water Walking | | | | | | | | | |
| | 10:00 AM | | | | | | | | 9:15-12:00 pm Drop-in Lap Swim/ Water Walking | 9:30-12:30 pm 1/2 \$\$Group Swim Lessons\$\$ 1/2 Household Swim | | | | |
| | 10:30 AM | | | | | | | | | | | | | |
| | 11:00 AM | | | | | | | | | | Closed | Closed | Closed | Closed |
| | 11:30 AM | | | | | | | | | | | | | |
| 11:45 AM | | | | | | | | | | | | | | |
| Evening | 12:00 PM | | | | | | | | | | | | | |
| | 12:30 PM | | | | | | | | | | | | | |
| | 1:00 PM | | | | | | | | 12:30- 1:30 pm Summer Camp Swimming | 12:30- 1:30 pm Summer Camp Swimming | | | | |
| | 1:30 PM | 12-4 pm Hawkin Summer Camp | Closed | 12-4 pm Hawkin Summer Camp | Closed | 12-4 pm Hawkin Summer Camp | | | | | | | | |
| | 2:00 PM | | 2:00-3:00 pm Arthritis Water Fitness W/ Rose | 2:00-3:00 pm Arthritis Water Fitness W/ Rose | | | | | | | | | | |
| | 2:30 PM | | | | | | | | | | | | | |
| | 3:00 PM | | 3:00-4:30 pm Drop-in Lap Swim/ Water Walking | 3:00-4:30 pm Drop-in Lap Swim/ Water Walking | Closed | | | | | | | | | |
| | 3:30 PM | | | | | | | | | | | | | |
| | 4:00 PM | | | | | | | | | | | | | |
| | 4:30 PM | | | | | | | | | | | | | |
| | 5:00 PM | 4:35-6:40 pm | 4:35- 6:35 pm | 4:35-6:40 pm | 4:35- 6:35 pm | 4:00-6:45 pm | | | | | | | | |
| | 5:30 PM | \$\$Group Swim Lessons\$\$ | 1/2 \$\$Group Swim Lessons\$\$ 1/2 Household Swim | \$\$Group Swim Lessons\$\$ | 1/2 \$\$Group Swim Lessons\$\$ 1/2 Household Swim | Drop in Household Swim | | | | | | | | |
| | 6:00 PM | | | | | | | | | | | | | |
| | 6:30 PM | | | | | | | | | | | | | |
| 6:45 PM | | 6:45-7:30 pm | 6:45-7:45 pm | 6:45-7:30 pm | 6:45-9:00 pm Swim Team | Schedule is Subject to change | | | | | | | | |
| 7:00 PM | | Aquafit- Shallow Water – W/ Theresa | 1st, 3rd, 5th Wed. Household Swim | Aquafit- Shallow Water – W/ Theresa | | | | | | | | | | |
| 7:30 PM | 6:45-9:00 pm Swim Team | | | | | | | | | | | | | |
| 7:45 AM | | 7:35-8:20 pm | 7:45-9:00 pm | 7:35-8:20 pm | | | | | | | | | | |
| 8:00 PM | | Aqua Zumba – W/ Shelly | Swim Team | Aqua Zumba – W/ Shelly | | | | | | | | | | |
| 8:30 PM | | | | | | | | | | | | | | |

- If you are more than 10 minutes late your spot will be given to anyone who is waiting to use the pool.
- All Reserved lap swim/ water walking times are 30 minutes long.
- “Reserved” Lap Swim/ Water Walking requires making an appoint. “Drop-in” is first come first serve.
- House Hold swim times do NOT offer gareteed lap swim times.

- A Water Discovery age 6-18 months

Introduces infants and toddler along with parent to the aquatic environment. This class is WITH the parent in the water with the child.

- B Water Exploration age 18-36 months

Focuses on exploring body positions, blowing bubbles as well as fundamental safety and aquatic skills. This class is WITH the parent in the water with the child.

- Adult/Teen Swim Lessons (ages 13+)

Focus on safety, learning to "ask", enter/exit pool safely, front/back float with help, roll from front to back with help, front/back glide with help.

- Preschool (Ages 3-5) Level 1: Water Acclimation

Beginner level: This class will utilize the shallow play pool to help kids to be comfortable in the water and will include 20 minutes of instruction and 10 minutes of structured playtime. Focus on safety, learning to "ask", enter/exit pool safely, front/back float with assistance, roll from front to back with assistance, front/back glide with assistance.

- Preschool (Ages 3-5) Level 2: Water Movement

Adv. Beginner level: Focus on safety, learning to "ask", enter/exit pool safely, front/back float, roll from front to back, front/back glide, submerge, and tread water.

- Preschool (Ages 3-5) Level 3: Water Stamina

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

- School Age (ages 6-12) Level 1: Water Acclimation

Beginner level: Focus on safety, learning to "ask", enter/exit pool safely, front/back float, roll from front to back, front/back glide, submerge, tread water (all with assistance as needed).

- School Age (ages 6-12) Level 2: Water Movement

Beginner: Focus on safety, learning to "ask", enter/exit the pool safely, front/back float with help, roll from front to back with help, front/back glide with help.

- School Age (ages 6-12) Level 3: Water Stamina

Intermediate: Focus on safety, learning to "ask", introduction to front crawl & back crawl, perfect roll from front to back, tread water for 1 minute, retrieve object in chest deep water.

- School Age (ages 6-12) Level 4: Stroke Introduction

Intermediate: Focus swimming proficiently, front crawl & back crawl, elem. backstroke, intro to breaststroke and butterfly, tread water for 1 minute, sitting dive.

- School Age (ages 6-12) Level 5: Stroke Development

Advanced: Focus on swimming proficiently, front crawl & back crawl for 25 yds, sidestroke, breaststroke and butterfly, tread water for 1 minute, kneeling dive.

- School Age (ages 6-12) Level 6: Stroke Mechanics

Pre-Swim Team: Focus on swimming proficiently, front crawl & back crawl for 50 yds, sidestroke, breaststroke and butterfly, tread water for 1 minute, standing dive, competition skills like flip turns. Students completing this level will be ready for the

Otters Swim Team (www.goswimming.org).

