

Hillcrest Family YMCA- Pool Schedule- JULY 2022

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

CLOSED

CLOSED

Schedule is Subject to change

SWIM LESSON LEVELS

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. Parent/Child class

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 parent and child in the water together.

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 play time. 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, tread water

Preschool (Ages 3-5) 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

Preschool (Ages 3-5) Level 4: Stroke Introduction

Pre-swim team: Focus on safety, learning to "ask", front crawl & back crawl, elem. backstroke, intro to breaststroke and butterfly, tread water for 1 minute, sitting dive

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 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.

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.