



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

GEAUGA FAMILY YMCA

SEPTEMBER 1ST-30TH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LAP POOL SCHEDULE						
5:30-9a Lap Swim	5:30-9a Lap Swim	5:30-9a Lap Swim	5:30-9a Lap Swim	5:30-9a Lap Swim	8-9a Lap Swim	8-9a Lap Swim
9-10a Member Led AQ Class <i>Member: Barbara</i>	9-10a Water Volleyball <i>Member Led</i>	9-10a Water Wildcard <i>Instructor: Melanie</i>	9-10a Aqua Tone <i>Instructor: Amy</i>		9-10a Member Lead AQ Class <i>Member: Barbara</i>	9a-1:30p Open Swim
10-11a Member Led AQ Class <i>Member: Dee</i>	10-11a Aqua Fitness <i>Instructor: Melanie</i>	10-11a Senior Swim Lessons <i>Instructor: Matt</i>	10-11a Member Led AQ Class <i>Instructor: Lynn</i>	9a-8:30p Open Swim	10a-3:30p Open Swim	
11a-12p Member Led AQ Class <i>Member: Sandy</i>						
11a-4:30p Open Swim	11a-4:30p Open Swim	11a-4:30p Open Swim	12-4:30p Open Swim			
4:30-7:15p Swim Lessons /Lap Swim <i>2 Lanes Open</i>	4:30-7p Swim Lessons /Swim Team <i>All Lanes in Use</i>	4:30-6:45p Swim Lessons /Lap Swim <i>2 Lanes Open</i>	4:30-7p Swim Lessons /Swim Team <i>All Lanes in Use</i>	9-9:50a Senior Swim Lessons <i>Instructor: Matt</i>		
7:15-8:30p Open Swim	7-7:50p Water Aerobics <i>Instructor: Jan</i>	6:45-8:30p Open Swim	7-7:50p Water Aerobics <i>Instructor: Jan</i>			<i>*Lanes may be required for Swim Lessons</i>
	7:50-8:30p Open Swim		7:50-8:30p Open Swim			
CURRENT & PLAY POOL SCHEDULE						
5:30a-4:30p Open Swim <i>Current Off 9-11</i>	5:30a-4:30p Open Swim <i>Current Off 9-11</i>	5:30a-4:30p Open Swim <i>Current Off 9-10</i>	5:30a-4:30p Open Swim <i>Current Off 9-11</i>	5:30-10a Open Swim <i>Current Off 10-11</i>	8a-3:30p Open Swim <i>Current off 9-10</i>	8a-1:30p Open Swim
4:30-7:15p Swim Lessons <i>Current Pool Closed</i>	4:30-6:45p Swim Lessons <i>Current Pool Closed</i>	4:30-6:45p Swim Lessons <i>Current Pool Closed</i>	4:30-6:45p Swim Lessons <i>Current Pool Closed</i>	10-11a Swim Lessons <i>Current Off</i>	10a-12:30p Swim Lessons <i>Current Pool Closed</i>	
7:15-8:30p Open Swim	6:45-8:30p Open Swim <i>Current off 7-8p</i>	6:45-8:30p Open Swim	6:45-8:30p Open Swim <i>Current off 7-8p</i>	11a-8:30p Open Swim	12:30-3:30p Open Swim	<i>*Benches may be required for Swim Lessons</i>

***Pool time is subject to change.**

****Lane 1 will be in use for Swim Tests throughout the Day. Please, be courteous and share lanes when necessary.**

*****Please, contact the Aquatics Director, Matt Campbell with all questions or concerns(mrccampbell@clevelandymca.org).**

Geauga Family YMCA

12460 Bass Lake Road, Chardon, OH 44024

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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.

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 5 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 (NO CLASSES AT THIS TIME)

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 (NO CLASSES AT THIS TIME)

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.