



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

GEAUGA FAMILY YMCA

OCTOBER 1-31ST

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LAP POOL SCHEDULE</b>						
5:30-9a <b>Lap Swim</b>	5:30-9a <b>Lap Swim</b>	5:30-9a <b>Lap Swim</b>	5:30-9a <b>Lap Swim</b>	5:30-9a <b>Lap Swim</b>	8-9a <b>Lap Swim</b>	8-9a <b>Lap Swim</b>
9-10a <b>Member Led AQ Class</b> <i>Member: Barbara</i>	9-10a <b>Water Volleyball</b> <i>Member Led</i>	9-10a <b>Water Wildcard</b> <i>Instructor: Melanie</i>	9-10a <b>Aqua Tone</b> <i>Instructor: Amy</i>		9-10a <b>Member Lead AQ Class</b> <i>Member: Barbara</i>	9a-1:30p <b>Open Swim</b>
10-11a <b>Member Led AQ Class</b> <i>Member: Dee</i>	10-11a <b>Aqua Fitness</b> <i>Instructor: Melanie</i>	10-11a <b>Senior Swim Lessons</b> <i>Instructor: Matt</i>	10-11a <b>Member Led AQ Class</b> <i>Instructor: Lynn</i>	9a-8:30p <b>Open Swim</b>	10a-3:30p <b>Open Swim</b>	
11a-12p <b>Member Led AQ Class</b> <i>Member: Sandy</i>		<b>NO SENIOR SWIM CLASS 10/5</b>		10a-11a <b>POP UP!! 10/7</b> Aqua Fit <i>Instructor: Dana</i>		
12a-4:30p <b>Open Swim</b>	11a-4:30p <b>Open Swim</b>	11a-4:30p <b>Open Swim</b>	11-4:30p <b>Open Swim</b>			
4:30-7:15p <b>Swim Lessons /Lap Swim</b> <i>2 Lanes Open</i>	4:30-7p <b>Swim Lessons /Swim Team</b> <i>All Lanes in Use</i>	4:30-6:45p <b>Swim Lessons /Lap Swim</b> <i>2 Lanes Open</i>	4:30-7p <b>Swim Lessons /Swim Team</b> <i>All Lanes in Use</i>	10a-11a <b>POP UP!! 10/21</b> Aqua Zumba <i>Instructor: Dana</i>		
7:15-8:30p <b>Open Swim</b>	7-7:50p <b>Water Aerobics</b> <i>Instructor: Jan</i>	6:45-8:30p <b>Open Swim</b>	7-7:50p <b>Water Aerobics</b> <i>Instructor: Jan</i>			<i>*Lanes may be required for Swim Lessons</i>
	7:50-8:30p <b>Open Swim</b>		7:50-8:30p <b>Open Swim</b>			
<b>CURRENT &amp; PLAY POOL SCHEDULE</b>						
5:30a-4:30p <b>Open Swim</b> <i>Current Off 9-11</i>	5:30a-4:30p <b>Open Swim</b> <i>Current Off 9-11</i>	5:30a-4:30p <b>Open Swim</b> <i>Current Off 9-10</i>	5:30a-4:30p <b>Open Swim</b> <i>Current Off 9-11</i>	5:30-10a <b>Open Swim</b> <i>Current Off 10-11</i>	8a-3:30p <b>Open Swim</b> <i>Current off 9-10</i>	8a-1:30p <b>Open Swim</b>
4:30-7:15p <b>Swim Lessons</b> <i>Current Pool Closed</i>	4:30-6:45p <b>Swim Lessons</b> <i>Current Pool Closed</i>	4:30-6:45p <b>Swim Lessons</b> <i>Current Pool Closed</i>	4:30-6:45p <b>Swim Lessons</b> <i>Current Pool Closed</i>	10-11a <b>Swim Lessons</b> <i>Current Off</i>	10a-12:30p <b>Swim Lessons</b> <i>Current Pool Closed</i>	
7:15-8:30p <b>Open Swim</b>	6:45-8:30p <b>Open Swim</b> <i>Current off 7-8p</i>	6:45-8:30p <b>Open Swim</b>	6:45-8:30p <b>Open Swim</b> <i>Current off 7-8p</i>	11a-8:30p <b>Open Swim</b>	12:30-3:30p <b>Open Swim</b>	<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([mrcampbell@clevelandymca.org](mailto:mrcampbell@clevelandymca.org)).**

**Gauga Family YMCA**

12460 Bass Lake Road, Chardon, OH 44024

P 440 285 7543 [clevelandymca.org](http://clevelandymca.org)

## 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.