



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

HILLCREST FAMILY YMCA

MARCH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 – 9a <b>Open/Lap</b>	<b>Pool Closed</b>	6 - 9a <b>Open/Lap</b>	<b>Pool Closed</b>	6 –11a <b>Open/Lap</b> Swim/Walking	<b>Pool Closed</b>	9:00a-12:00p <b>Open/Lap</b>
9 – 10a <b>Aqua Fit</b> Shallow End	9 -10a <b>Aqua Fit</b> Shallow End	9 – 10a <b>Aqua Fit</b> Shallow End	9 – 10a <b>Aqua Fit</b> Shallow End		8 - 10a <b>Open/Lap</b>	12:00p-1:00p <b>Family Swim</b>
10 a – 4:30 p <b>Open/Lap</b> Pool Split in Half	10 - 11a <b>Open/Lap</b> Pool Split in Half	10 a – 4:30 p <b>Open/Lap</b> Pool Split in Half	10 - 11a <b>Open/Lap</b> Pool Split in Half		10-12p <b>Open/Lessons</b>	12 -12:30p <b>Family/Lap</b> Pool Split in Half
	11 -11:45a <b>Aqua Yoga</b> Shallow End		11 - 11:45a <b>Aqua Yoga</b> Shallow End	11 – 11:30a <b>Water Discovery</b> Shallow End		
4:30 – 6:40 p <b>Open/Lessons</b> Pool Split in half with lessons (1/2/6) and lap swim	11:45a – 1:30 p <b>Open/Lap</b>	4:30 – 6:40 p <b>Open/Lessons</b> Pool Split in half with lessons and lap swim	11:45a – 1:30p <b>Open/Lap</b>	11:30a – 4:30p <b>Open/Lap</b> Pool Split in Half		
	1:30 - 2:30p <b>AQ Arthritis</b> With: Rose		1:30 - 2:30p <b>AQ Arthritis</b> With: Rose			
	2:30-4:30p <b>Lessons/Open</b> <b>Swim</b> Pool Split in Half		2:30-4:30p <b>Lessons/Open</b> <b>Swim</b> Pool Split in Half			
	4:30-6:40p <b>Lessons</b> Group lessons (3/4/5) and Private Lessons		6:40 – 8:00 p <b>Open/Lap</b> Pool Split in Half		4:30-6:40p <b>Lessons</b> Group lessons (3/4/5) and Private Lessons	4:30-8:00 p <b>Family Swim</b>
6:40 – 8:00 p <b>Open/Lap</b> Pool Split in Half	6:45-7:30p <b>Aqua Fit</b> Shallow End		6:45-7:30p <b>Aqua Fit</b> Shallow End			
8:00 – 9:00 p <b>Pool Closed</b>	7:30-8:00p <b>Open/Lap</b> Pool Split in Half	8:00 – 9:00 p <b>Pool Closed</b>	7:30-8:00p <b>Open Swim</b>	8:00 – 9:00 p <b>Pool Closed</b>		

\*Schedule is subject to change

\*Registration is required for all aquatic exercise classes

**Hillcrest Family YMCA**  
5000 Mayfield Road, Lyndhurst, OH 44124  
P (216) 382-4300 clevelandymca.org

**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.

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