

Pool Schedule Hillcrest Family YMCA Subject to change				December 1-15th Schedule		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-9 AM Adult-Teen Open/Lap Swim	8-9 AM Adult-Teen Open/Lap Swim	6-9 AM Adult-Teen Open/Lap Swim	8-9 AM Adult-Teen Open/Lap Swim	6-9 AM Adult-Teen Open/Lap Swim	8-9:40 AM Adult-Teen Open/Lap Swim	
9-10 AM Aqua Fit	9-10 AM Aqua Fit	9-10 AM Aqua Fit	9-10 AM Aqua Fit	9-10 AM Aqua Zumba	9:40-10 AM Pool Closed	9-10:40 AM Adult-Teen Open/Lap Swim
10-4:30pm Adult-Teen Open/ Lap Swim	10-10:30AM Pool Closed	10-4:30pm Adult-Teen Open/ Lap Swim	10-10:30AM Pool Closed	10-11am Adult-Teen Open/ Lap Swim	10-11:40PM Swim Lessons \$	10:40-11AM Pool Closed
	10:30-2pm Family Open/ Lap Swim		10:30-2pm Adult-Teen Open/ Lap Swim	11-11:30AM Water Discovery		11-1PM Adult-Teen Open/Lap Swim
1-1:40 PM Swim Lessons 1/2 Pool \$	1-1:40 PM Swim Lessons 1/2 Pool \$	1-1:40 PM Swim Lessons 1/2 Pool \$	1-1:40 PM Swim Lessons 1/2 Pool \$	11:30-2pm Adult-Teen Open Swim	11:40-12PM Pool Closed	
	2-3 pm Aqua Arthritis 3-4:30PM Open Swim		2-3 pm Aqua Arthritis 3-4:30pm Open Swim	2-4:30 Pool Closed	12-12:30PM Water Discovery \$	
4:30-6:40pm Swim Lessons \$	4:30-6:40pm Swim Lessons \$	4:30-6:40pm Swim Lessons \$	4:30-6:40pm Swim Lessons \$	4:30-6:40pm Adult-Teen Open/ Lap Swim	12:30-3:15pm Family Open/ Lap Swim	
6:40-7 PM Pool Closed	6:40-7 PM Pool Closed	6:40-7 PM Pool Closed	6:40-7 PM Pool Closed	6:40-7 PM Pool Closed		
7-8:30PM Family/Open Lap Swim	7-8:00PM Aqua Fit	7-8:30PM Family/Open Lap Swim	7-8:00PM Aqua Fit	7-8:30PM Family/Open Lap Swim		
	8-8:30PM Family/Open Lap Swim		8-8:30PM Family/Open Lap Swim	Open Swim is not Available During Classes		

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.

Hillcrest Family YMCA

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