


Sept 3rd, 2019 - Nov 18th , 2019 Pool Schedule

Day	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Day								
Time	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Time								
5:45-8:00a	Lap Swim	Closed	Lap Swim	Closed	Lap Swim	Closed	Lap Swim	Closed	Lap Swim	Closed	Opens at 7am	Closed	Closed	Closed	5:45-8:00a								
8:15-9:00a	Water Tabata (Christy)	Water Walking	Aqua Excercise (Rue)	Water Walking	Splashercise (Vicky)	Water Walking	Aqua Excercise (Rue)	Water Walking	Water Tabata (Rue)	Water Walking	Lap Swim				Water Walking	Closed	Closed	8:15-9:00a					
9:00-10:00a	2 Lap Lanes/ Water Walking	Arthritis (Mindy)	2 Lap Lanes/ Water Walking	Toning (Mindy)	Aqua Exercise	Arthritis (Mindy)	2 Lap Lanes/ Water Walking	Toning (Mindy)	2 Lap Lanes/ Water Walking	Arthritis (Mindy)	Lap Swim/ Water Walking							Open Swim	Closed	Closed	9:00-10:00a		
10:00-10:55a	Water Walking	Open Swim	Water Walking	Open Swim	Lap Swim /WW	*Swim Lessons	Water Walking	*Swim Lessons	Water Walking	Open Swim		Lap Swim	Open Swim	Closed	Closed	10:00-10:55a							
5 Min	Safety Break	Closed	Safety Break	Closed	Safety Break	Closed	Safety Break	Closed	Safety Break	Safety Break	Safety Break					Lap Swim/ Water Walking	Open Swim	Closed	Open Swim	5 Min			
11:00-12:00p	Water Walking		Water Walking		Water Walking		Water Walking		Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Open Swim	Lap Swim					Open Swim	Closed	Open Swim	11:00-12:00p
12:00-12:55p	Lap Swim		Lap Swim		Lap Swim		Lap Swim		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Closed									Lap Swim
5 Min	Safety Break		Safety Break		Safety Break		Safety Break		Safety Break	Safety Break	Safety Break	Safety Break	Safety Break		Adaptive PE					Lap Swim	Open Swim	Closed	
1:00-2:00p	Adaptive PE		SAW (Safety Around Water)		Adaptive PE (Finish @ 2:30pm)		SAW (Safety Around Water)		Adaptive PE (Finish @ 2:30pm)	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking									Water Walking
2:00-3:00p	Lap Swim	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Closes at 3:30 pm	Closes at 3:30 pm	Lap Swim	Open Swim	2:00-3:00p							
3:00-4:00p	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking					Closes at 3:30 pm	Closes at 3:30 pm	Lap Swim	Open Swim	3:00-4:00p			
4:00-5:30p	Lap Swim/ WW	Open Swim	Lap Swim/ Water Walk	Open Swim	Lap Swim/ WW	Open Swim	Lap Swim/ WW	Open Swim	Lap Swim/ WW	Open Swim	 <p>the YMCA</p> <p>YMCA CLOSED Extra Lap Swim</p> <p>1-2pm (Oct. 3rd, 10th, 18th, & 25th) (Sept. 5th, 12th, 19th, & 26th)</p> <p>7-9pm (Oct. 21st, 22nd, & 24th)</p> <p>(*) Check with front desk, if class is canceled there will be extra lap swim!</p> <p>Extra Open Swim 2-4pm (Oct. 18th, 24th, 25th)</p> <p>(*) Check with front desk, if class is canceled there will be extra open swim!</p>	Closes at 5:30 pm	Closes at 5:30 pm	Closes at 5:30 pm	4:00-5:30p								
5:30-6:00p	Lap Swim	*Swim Lessons	Water Walk	Swim Lessons	Lap Swim	Open Swim	Lap Swim	Swim Lessons	Lap Swim	Open Swim					Closes at 5:30 pm	Closes at 5:30 pm	Closes at 5:30 pm	Closes at 5:30 pm	5:30-6:00p				
5 Min		Safety Break	Safety Break	Safety Break				Safety Break											Safety Break	Safety Break	Safety Break	Safety Break	Safety Break
6:05-6:30p	Lap Swim	Open Swim	Aqua Exercise (Lori)	Swim Lessons	Lap Swim	Open Swim	Lap Swim	Swim Lessons	Lap Swim	Open Swim									Closes at 5:30 pm	Closes at 5:30 pm	Closes at 5:30 pm	Closes at 5:30 pm	6:05-6:30p
6:30-6:55p		Lap Swim	Open Swim	Aqua Exercise (Lori)				Swim Lessons															Lap Swim
5 Min	Safety Break		Safety Break	Safety Break	Safety Break	Safety Break	Safety Break	Safety Break	Safety Break	Safety Break	Aqua Pups Swim Team	Open Swim	Closed	Open Swim									
7:00-7:45p	Aqua Pups Swim Team	Open Swim	Aqua Pups Swim Team	Open Swim @6:45p	Lap Swim	Open Swim	Aqua Pups Swim Team	Kathy's Water Tabata	Lap Swim	Closed					Closes at 5:30 pm	Closes at 5:30 pm	Closes at 5:30 pm	Closes at 5:30 pm					7:00-7:45p
7:45-9:00p		Aqua Pups Swim Team	Closed	Aqua Pups Swim Team				Closed			Lap Swim	Open Swim	Aqua Pups Swim Team	Closed									Lap Swim

WATER EXERCISE CLASSES

Water Exercise is increasing in popularity among the fit and not-so-fit due to its low-impact, yet high resistance nature. Water exercise is a great cardiovascular exercise as well as strengthener and works all parts of the body including the core.

CLASS DESCRIPTIONS

ARTHRITIS - A water exercise program designed for persons with arthritis. Water exercise is especially good for people with arthritis since it can help relieve strain on muscles and joints.

SPLASHERCISE- This is a water aerobics class taught by certified instructors. Splashercise will improve your aerobic endurance, muscular strength and flexibility.

WATER WALKING - One of the most low-impact, yet resistant form of exercise. Non-instructed, walk at your own pace.

MULTI-LEVEL: Classes listed below offer a variety of ways to get toned and in shape. Classes may be predominantly strength and toning or predominantly conditioning, but many contain both

WATER TABATA - A water class that uses brief periods of work followed by brief periods of rest. Interval training is one of the most effective training types to blast away the calories.

AQUA EXERCISE - Increase strength, flexibility, and aerobic capacity in the water.

TONING - Enjoy this strength-based class in the water!

Visit us on the web at [www..mcphersonfamilyymca.org](http://www.mcphersonfamilyymca.org) or call 620-241-0363
McPherson Family YMCA ~ 220 North Walnut ~ McPherson, KS 67460

ADDITIONAL POOL INFORMATION

Safety Breaks -

Insurance mandated for patron safety to allow guards to stay vigilant during shifts. Patrons will exit water for 5 min period to give lifeguard a break.

Swim Policy -

Children under the age of 8 must be accompanied by an adult IN the water if they do not pass the swim test. Children age 12 and under must be swim tested and pass in order to not wear a lifejacket. Child must have a wristband from front desk to show that they have pass the swim test.

Swim Test -

Swim tests will be administered daily Monday-Friday at 4pm for the first 5 to 10 min, Saturday 12pm to 2pm, and Sunday 1pm to 3pm. Non school days during the week we will also have swim tests from 2pm to 4pm.