


## January 5th - February 29th, 2020 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							
5:30-6:30a	Lap Swim	<b>Closed</b>	Lap Swim	<b>Closed</b>	Lap Swim	<b>Closed</b>	Lap Swim	<b>Closed</b>	Lap Swim	<b>Closed</b>	Closed	<b>Closed</b>	Closed	Closed	5:30-8:00a							
6:30-8:00a	Lap Swim /1WW		Lap Swim /1WW		Lap Swim /1WW		Lap Swim /1WW		Lap Swim /1WW		Lap Swim /1WW				Lap Swim /1WW	Opens at 7am	5:45-8:00a					
8:15-9:00a	Water Tabata (Christy)	<b>Water Walking</b>	Aqua Excercise (Rue)	<b>Water Walking</b>	Splashercise (Vicky)	<b>Water Walking</b>	Aqua Excercise (Rue)	<b>Water Walking</b>	Water Tabata (Rue)	<b>Water Walking</b>	Lap Swim				8:15-9:00a							
9:00-10:00a	2 Lap Lanes/ Water Walking	<b>Arthritis (Mindy)</b>	2 Lap Lanes/ Water Walking	<b>Toning (Mindy)</b>	Aqua Exercise	<b>Arthritis (Mindy)</b>	2 Lap Lanes/ Water Walking	<b>Toning (Mindy)</b>	2 Lap Lanes/ Water Walking	<b>Arthritis (Mindy)</b>	MHS Swim Team				9:00-10:00a							
10:00-10:55a		<b>Open Swim</b>		<b>Open Swim</b>	Lap Swim /WW	<b>Open Swim</b>		<b>Open Swim</b>		<b>Open Swim</b>					10:00-10:55a							
5 Min	Safety Break		Safety Break		Safety Break		Safety Break		Safety Break		Safety Break				5 Min							
11:00-12:00p	Water Walking	<b>Closed</b>	Water Walking	<b>Closed</b>	Water Walking	<b>Closed</b>	Water Walking	<b>Closed</b>	Water Walking	<b>Closed</b>	Water Walking				<b>Open Swim</b>	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 /WW	12:00-12:55p			
5 Min	Safety Break		Safety Break		Safety Break		Safety Break		Safety Break		Safety Break					Safety Break	Safety Break	Safety Break	5 Min			
1:00-2:00p	Adaptive PE		SAW (Safety Around Water)		Adaptive PE (Finish @ 2:30pm)		SAW (Safety Around Water)		Adaptive PE		SAW (Safety Around Water)					Adaptive PE	Lap Swim /WW	Lap Swim	Lap Swim	1:00-2:00p		
2:00-3:00p	Lap Swim /WW		Water Walking		Water Walking		Water Walking		Water Walking		Water Walking	Water Walking	Water Walking	Water Walking		Water Walking	2:00-3:00p					
3:00-4:00p	Water Walking																Closes at 3:30 pm	Closes at 3:30 pm	Lap Swim	3:00-4:00p		
4:00-5:30p	MHS Swim Team		<b>Open Swim</b>		MHS Swim Team		<b>Open Swim</b>		MHS Swim Team		<b>Open Swim</b>	MHS Swim Team	<b>Open Swim</b>	MHS Swim Team		<b>Open Swim</b>	MHS Swim Team	<b>Open Swim</b>	4:00-5:30p			
5:30-6:00p	Lap Swim		<b>*Swim Lessons</b>		Lap Swim/ WW		<b>Open Swim</b>		Lap Swim		<b>Open Swim</b>	Lap Swim	<b>Open Swim</b>	Lap Swim		<b>Open Swim</b>	Lap Swim	<b>Open Swim</b>	 <p><b>Extra Lap Swim</b> 9-11am (Feb. 15, 22) (1-2pm M,F) (1-3pm T,W,Th) (Feb. 17) 4-5:30pm (Feb. 21) <b>Extra Open Swim</b> 2-4pm (Feb. 17)</p> <p>(* Check with front desk, if class is canceled there will be extra open swim!</p>	5:30-6:00p		
5 Min			Safety Break		Safety Break		Safety Break				Safety Break		Safety Break			Safety Break				Safety Break	Safety Break	5 Min
6:05-6:30p			<b>Open Swim</b>		Aqua Exercise (Lori)		<b>Swim Lessons</b>				<b>Swim Lessons</b>		6:05-6:30p									
6:30-6:55p						6:30-6:55p																
5 Min		Safety Break	Safety Break	Safety Break	Safety Break	Safety Break	Safety Break	Safety Break		Safety Break	5 Min											
7:00-7:45p	Aqua Pups Swim Team	<b>Open Swim</b>	Aqua Pups Swim Team	<b>Open Swim @6:45p</b>	Lap Swim	Aqua Pups Swim Team	<b>Kathy's Water Tabata</b>	Lap Swim	7:00-7:45p													
7:45-9:00p		<b>Closed</b>		<b>Closed</b>			<b>Closed</b>		<b>Closed</b>	7:45-9:00p												

## **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.