


March 1st - March 28th, 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	Closed	Lap Swim	Closed	Lap Swim	Closed	Lap Swim	Closed	Lap Swim	Closed	Closed	Closed	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)	Water Walking	Aqua Excercise (Rue)	Water Walking	Splashercise (Vicky)	Water Walking	Aqua Excercise (Rue)	Water Walking	Water Tabata (Rue)	Water Walking	Lap Swim				8:15-9:00a					
9:00-10:00a	3 Lap Lanes/ Water Walking	Arthritis (Mindy)	3 Lap Lanes/ Water Walking	Toning (Mindy)	Aqua Exercise	Arthritis (Mindy)	3 Lap Lanes/ Water Walking	Toning (Mindy)	3 Lap Lanes/ Water Walking	Arthritis (Mindy)	Lap Swim/ Water Walking				9:00-10:00a					
10:00-10:55a		Open Swim		Open Swim	Lap Swim /WW	*Swim Lessons		*Swim Lessons		Open Swim					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	Closed	Water Walking	Closed	Water Walking	Closed	Water Walking	Closed	Water Walking	Closed	Water Walking				Open Swim	11:00-12:00p				
12:00-12:55p	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					5 Min				
1:00-2:00p	Adaptive PE		SAW (Safety Around Water)		Adaptive PE (Finish @ 2:30pm)		2 Lap Lanes/ Water Walking		Adaptive PE		Lap Swim /WW					1:00-2:00p				
2:00-3:00p	Lap Swim /WW											2:00-3:00p								
3:00-4:00p	Water Walking		Water Walking		Water Walking		Water Walking		Water Walking		Water Walking	3:00-4:00p								
4:00-5:30p	MHS Swim Team		Open Swim		MHS Swim Team		Open Swim		MHS Swim Team		Open Swim	MHS Swim Team	Open Swim	MHS Swim Team		Open Swim	Closes at 3:30 pm	Closes at 3:30 pm	Lap Swim	1:00-2:00p
5:30-6:00p			*Swim Lessons		Lap Swim/ WW		Swim Lessons				Swim Lessons		Swim Lessons			Swim Lessons			Lap Swim	2:00-3:00p
5 Min	Lap Swim		Safety Break		Lap Swim		Safety Break		Lap Swim		Safety Break	Lap Swim	Safety Break	Lap Swim		Safety Break	Lap Swim	Safety Break	5 Min	
6:05-6:30p			Open Swim		Aqua Exercise (Lori)		Swim Lessons				Swim Lessons		Swim Lessons			Swim Lessons		Open Swim	6:05-6:30p	
6:30-6:55p									6:30-6:55p											
5 Min	Safety Break		Safety Break		Safety Break	Open Swim	Safety Break		Safety Break		Open Swim	Safety Break	5 Min							
7:00-7:45p		Open Swim		Open Swim @6:45p		Open Swim		Kathy's Water Tabata		Open Swim		Open Swim	7:00-7:45p							
7:45-9:00p	Lap Swim																	7:45-9:00p		
		Closed		Closed		Closed		Closed		Closed		Closed								



NO LAP SWIM /WW
(March 28th 9-11am and 12 to 1pm)

Extra Lap Swim
9-11am
(March 14, 21)

(1-2pm M,F) (1-3pm T,W,Th)
(March 12, 13, 16-20)

4-5:30pm
(March 13, 20, 31)

Extra Open Swim
2-4pm
(March 12, 13, 16-20)

(*) Check front desk, if class is canceled there will be open 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.