



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SMALL POOL SCHEDULE

## GLENWOOD PARK YMCA

Fall 2017	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquatic programs have priority use of our pools. <b>Swim lessons begin</b>	6:00-10:00 Open Swim (all areas)	6:00-10:00 Open Swim (all areas)	6:00-10:00 Open Swim (all areas)	6:00-9:00 Open Swim (all areas)	6:00-10:00 Open Swim (all areas)	6:00-9:00 Open Swim (all areas)	6:00-5:45 Open Swim (all areas)
<b>September 17 – November 11.</b> Private or Semi Private swim lessons maybe scheduled during open swim times.	10:00-10:45 Older Adult Water Fitness (middle) Open Swim (shallow, deep)	10-11:05 Swim Lessons Open Swim (shallow, deep)	10:00-10:45 Older Adult Water Fitness (middle) Open Swim (shallow, deep)	9:00-11:00 Swim Lessons Open Swim (shallow, deep)	10:00-10:45 Older Adult Water Fitness (middle) Open Swim (shallow, deep)	9:00-12:00 Swim Lessons (1/2 shallow, middle, deep) Open Swim (1/2 shallow Other areas vary every 30 minutes depending on lessons)	
<b>Age Rules</b> All children ages 5 and under must be accompanied by an adult 18 or older in the water within arm's reach to provide active supervision. Children ages 6-8 must have an adult 18 or older in the pool area. Parents are responsible for supervising their children.	11:00-11:45 Arthritis (middle) Open Swim (shallow, deep)	11:15-12:00 Older Adult (middle) Open Swim (shallow, deep)	11:00-11:45 Arthritis (middle) Open Swim (shallow, deep)	11:15-12:00 Older Adult (middle) Open Swim (shallow, deep)	11:00-11:45 Arthritis (middle) Open Swim (shallow, deep)	12:00-7:30 Open Swim (all areas)	
<b>Deep Water Test</b> Swimmers 17 & under must complete and pass a deep water competency test to use the deep end of the pool. Once swimmers have successfully completed the test, they are required to wear a GREEN wristband. Wristbands are available at the desk upon arrival. Tests may be administered at any time staff is	11:45-9:30 Open Swim (all areas)	12:00-4:15 Open Swim (all areas)	11:45-9:30 Open Swim (all areas)	12:00-4:15 Open Swim (all areas)	11:45-9:30 Open Swim (all areas)		
		4:15-7:45 Swim Lessons (1/2 shallow, middle, deep) Open Swim (1/2 shallow Other areas vary every 30 minutes depending on lessons)		4:15-7:45 Swim Lessons (1/2 shallow, middle, deep) Open Swim (1/2 shallow Other areas vary every 30 minutes depending on lessons)			
		7:45-9:30 Open Swim (all areas)		7:45-9:30 Open Swim (all areas)			

**Glenwood Park YMCA**  
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