



# THERAPY & WATER FITNESS POOL SCHEDULE

THERAPY POOL CLOSED SUNDAY SEPTEMBER 8TH, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Adult Open Swim/ Lap Swim*</b> 5:00-8:30am <b>H2O Cardio*</b> Jamie 8:30-9:15am <b>Cardio Kick*</b> Tonda 9:30-10:15 <b>Arthritis*</b> Starr 10:30-11:15 <b>Open Swim</b> 11:15-4:30pm <b>YSL Swim* Team Begins:</b> <b>9/9/2019</b> 4:30-5:30pm <b>Family Open Swim w/ Slide</b> 5:30-8:30pm	<b>Adult Open Swim/ Lap Swim*</b> 5:00-8:30am <b>Deep water Tabata*-</b> Jaimee 8:30-9:15am <b>Open Swim</b> 9:15-12:00pm <b>Swim Lessons</b> 12:00-12:30pm <b>YSL Swim Team *</b> 3:30-5:45pm <b>Swim Lessons*</b> 5:30-8:00pm <b>Faith for Fitness*-</b> Tonya 6:30-7:15pm <b>Open Swim</b> 8:00-8:30pm	<b>Adult Open Swim/ Lap Swim*</b> 5:00-8:30am <b>Aqua-Bootcamp*</b> Jaimee 8:30-9:15 am <b>Cardio-kick*</b> Tonda 9:30-10:15 <b>Arthritis*</b> Starr 10:30-11:15 <b>Open Swim</b> 11:15-2:00pm <b>Home School PE( begins 9/4)/2019</b> 2:00-3:00pm <b>YSL Swim Team *</b> 4:30-5:30pm <b>After School Swim</b> 4:30-5:30pm <b>Family Open Swim w/ Slide</b> 5:30-8:30pm	<b>Adult Open Swim/Lap Swim*</b> 5:00-8:00am <b>Deep water Tabata*-</b> Jaimee 8:30-9:15 <b>Swim Lessons</b> 12:00-12:30pm <b>Swim Lessons</b> 12:30-1:15pm <b>YSL Swim Team *</b> 3:30-5:45pm <b>Swim Lessons*</b> 5:30-8:00pm <b>Faith for Fitness*</b> Tonya 6:30-7:15pm <b>Open Swim</b> 8:00-8:30pm	<b>Adult Open Swim/Lap Swim*</b> 5:00-8:30am <b>Aqua-Tabata*</b> Jaimee 8:30-9:15 <b>Aqua-Zumba*</b> Stephanie 9:30-10:15 <b>Arthritis *</b> Starr 10:30-11:15 <b>Open Swim</b> 11:15-3:45pm <b>After School Swim</b> 3:45-4:30pm <b>Family Open Swim w/ Slide</b> 5:30-8:30pm	<b>Open Swim/ Lap Swim*</b> 7:00-9:00am <b>Swim Lessons*</b> 9:00-11:15pm <b>Family Open Swim w/ Slide</b> <b>Parties</b> 12:00-6:30pm	<b>Family Open Swim w/ Slide</b> <b>Parties</b> 1:00-5:30pm

**POOL CLOSINGS:**  
 FOLLOW US ON FACEBOOK  
 @YMCASPARTANBURG

**WEATHER CLOSINGS:**  
 CHECK WYFF NEWS  
 CHANNEL 4  
 AND OUR FACEBOOK PAGE

**COMING SOON:**  
 YMCA APP

\*Splash pad and Slide will not be turned on during these programs. Tu/Th evening most areas of the pool will not be available for free swim due to lessons and Faith for Fitness classes (highlighted times are best for free swims).

\*There may be instructor substitutions without notice.

\*These classes take place in deeper water using hand held floats and float belts, non-swimmers and weak swimmers should use caution and may not feel comfortable.

YMCA is open (8am-1pm) on Labor Day, Christmas Eve, New Years Eve, New Years Day but there are no Aquatic classes.  
 There are no Aquatic classes November 29th. Y is closed Thanksgiving, Christmas Day & Easter.



# LAP POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-6:30am <u>6 Lanes</u>	5:00-7:00am <u>6 Lanes</u>	5:00-6:30am <u>6 Lanes</u>	5:00-7:00am <u>6 Lanes</u>	5:00-2:00pm <u>6 Lanes</u>	7:00-6:30pm <u>6 Lanes</u>	1pm-5:30pm <u>6 Lanes</u>
7:00-8:00am <u>4 Lanes</u>	7:00-8:00am <u>6 Lanes</u>	7:00-8:00am <u>4 Lanes</u>	7:00-8:00am <u>6 Lanes</u>	2:00-3:45pm <u>6 Lanes</u>		
4:15-6:45pm <u>1 Lane</u>	8:00-3:45pm <u>6 Lanes</u>	4:15-6:45pm <u>1 Lane</u>	8:00-3:45pm <u>6 Lanes</u>	3:45-5:15pm <u>1 Lanes</u>		
7:00-8:30pm <u>2 Lanes</u>	3:45-8:30pm <u>1 Lane</u>	7:00-8:30pm <u>2 Lanes</u>	3:45-8:30pm <u>1 Lane</u>	5:15-8:30pm <u>1 Lane</u>		

Above is the weekly schedule for **MEMBER USE** of the Lap Pool.

An orange cone indicates use of lane for swim team.

Thank you for your patience sharing space with Boiling Springs High School Swim team!

If all lanes are full, we ask that lap swimmers share lanes. Locate a swimmer who swims your equivalent speed and let them know that you would like to join them in the lane. If you cannot get their attention, ask a lifeguard for assistance.

## Aqua-Fitness Class Descriptions

**Arthritis:** Range of motion exercises done in shallow water developed from physical therapy exercises and the National Arthritis Foundation, this class is particularly helpful for those beginning their fitness adventures and people dealing with arthritis and fibromyalgia.

**Aqua-Bootcamp** - a high intensity class that can be easily modified for every individual. Consisting of alternating cardio/upper body athletic moves and a big core finish. It's the workout you'll love to hate!

**H2O Cardio/Kick:** A blend of cardio and kickboxing in the water. Work at your level and add intensity as you get fitter!

**Aqua-Zumba:** A fast paced workout based on the popular Zumba classes but done in the water for less impact on joints. Done in shallow water, the instructor will lead you through choreographed routines designed to get you fit in a fun way.

**Faith for Fitness:** A full body workout using a variety of tools to prevent boredom. Encouraging for participants of any level.

**Aqua-Tabata:** a high intensity interval training workout using the principles developed by Dr. Izumi Tabata, our Aqua-Tabata workouts will get you to your fitness goals without the wear and tear on your joints. Participants will do 6-8 rounds of 4 minutes each, 20 seconds of hard work (at their own level) followed by 10 seconds of active recovery.

\*these classes take place in deeper water using hand held floats, non-swimmers and weak swimmers should use caution and may not feel comfortable.