


# YAQUATICS™

We build strong kids, strong families, strong communities.

\*\*\*The Eastside Family YMCA reserves the right to change the schedule at any time.

Schedule is effective as of **October 9, 2009**

Time	Monday (5:30am – 9:15pm)	Tuesday (5:30am – 9:15pm)	Wednesday (5:30am – 9:15pm)	Thursday (5:30am – 9:15pm)	Friday (5:30am – 7:45pm)
5:45 – 6:30	*Aerobics/AST (2 lns)	FS/LS	*Deep H2O/AST(3lns)	FS/LS	*Aerobics/AST (2 lns)
6:30 – 8:15	FS/LS	FS/LS	FS/LS	FS/LS	FS/LS
8:15 – 9:00	*Deep H2O/ AST (2-3 lns)	*Deep H2O/ AST (3 lns)	*Deep H2O/AST (2-3 lns)	*Deep H2O/AST (3 lns)	*Deep H2O/AST (2-3 lns)
9:00 – 10:00	*Aerobics/AST (2 lns)	FS/LS	*Aerobics/AST (2 lns)	*Aerobics/Adult Wave/ <b>NO LS</b>	*Aerobics/AST (2 lns)
10:00 – 11:00	*Move & Flex/AST/ LS(2 lns)	FS/LS	*Move & Flex/AST/ LS (2 lns)	FS/LS	Hidden Treasure/FS/ LS
11:00 – 12:00	*Stretch & Flex /AST (2 lns)	FS/LS	*Stretch & Flex /AST (2 lns)	FS/LS	*Move & Stretch /AST (2 lns)
12:00 – 1:00	FS/LS	*Senior Aerobics/ AST (2 lns)	FS/LS	FS/LS/Home School (12:30-1:30)	*Senior Aerobics / AST (2 lns)
1:00 – 2:00	FS/LS	FS/LS	FS/LS	FS/LS/Home School (12:30-1:30)	FS/LS
2:00 – 3:00	*Senior Aerobics / AST (2 lns)	FS/LS	*Senior Aerobics/AST (2 lns)	*Senior Aerobics/ AST (2 lns)	FS/LS
3:15 – 4:15	ASCC/FS/LS	FS/LS	ASCC/FS/LS	FS/LS	ASCC/FS/LS
4:15 – 5:00	Pre (4:30-5:00)/ Wave(4:30-5:30)/ FS/ LS (2)	PC/Pre (4:15-4:45) Wave (4:30-5:30)/ FS/LS(1)	Youth (4:15-5:00)/ Wave(4:30-5:30)/ FS/LS (2)	PC/Pre (4:15-4:45) Wave (4:30-5:30)/ Spring Grove/ FS/LS(1)	FS/LS
5:00 – 6:30	Pre (5:10-5:40)/ Youth (5:45-6:30)/Wave (5:30-6:30)/ PC/FS/LS(1)	PC/Pre (6-6:30)/ Wave(5:30-6:30- <b>NO LS</b> )/FS/ <b>Combo (5:30-6:15)</b>	Pre (5:10-5:40)/ Youth (5:45-6:30)/Wave (5:30-6:30)/ FS/LS(1)	PC/Pre (6-6:30)/ Wave(5:30-6:30- <b>NO LS</b> )/FS/ <b>Aerobics (5:30-6:15)</b>	 FS/LS until 7:45
6:30 – 7:15	*Aerobics/AST (2lns)	FS/LS (3-4 lns)	FL/LS (3-4 lns)	<b>Synchro</b> / FS/ LS (3-4lns)	
7:30 – 9:15	FS/Adult Wave (3lns) Adult (7:15-8:00)	FS/LS (3-4 lns)	FS/LS (3-4)/ Adult (7:30-8:15)	FS/LS(3-4 lns)	

Time	Saturday (7:00am – 5:45pm)	Time	Sunday (1:30pm – 5:45pm)
7:00 – 9:00	FS/LS	1:30 – 5:45	FS/LS/Scuba/Parties
9:00 - 9:45	*Aerobics/AST(2)		
10:00 – 11:00	PC/Pre/FS/LS(2)		
11:15 – 12:00	Youth/FS/LS(2)		
12:00 – 5:45	FS/LS/Scuba/Parties		

EASTSIDE FAMILY  
YMCA

Questions or Comments? Contact  
Kelli Seawell, Aquatic Director at  
292-2790 ext 19, or  
kseawell@ymcagreenville.org

**ONLY ONE (1) LAP LANE IS GUARENTEED DURING SWIM LESSON TIMES. THERE WILL BE NO LAP SWIMMING TUESDAYS AND THURSDAYS FROM 5:30 - 6:30 PM AND THURSDAYS 9-10:00 AM**

- ★ FS = Fun/Open Swim
- ★ LS = Lap Swim (Number of laps available indicated in parenthesis)
- ★ AST=Adult Only Swim Time (ages 16 and up - no children allowed in pool or on deck during this time)\*\*\*
- ★ PC = Parent/Child Swim Lessons (Ages 6 months – 3 years)
- ★ Pre = Preschool Swim Lessons (Ages 3-5; Pike, Eel, Ray)
- ★ Youth = Youth Swim Lessons (Ages 6-14; Polliwog, Guppy)
- ★ Adult = Adult Swim Lessons (Ages 14+)
- ★ ASCC / AS Lessons = YMCA After School Swim Time
- ★ Scuba = Bermuda Triangle Scuba Classes
- ★ BRHS = Blue Ridge High School Swim Team Practice

**Pool Parties:** Saturdays 12-2:00pm; 1-3:00pm; 2-4:00pm; 3-5:00pm and Sundays 2-4:00pm; 3-5:00pm

**Children Under the age of 8:** Please see other side for detailed information

**\*\*\*During any Water Aerobic Class there is NO Fun Swim. Lap lanes will be open for Lap swimmers ONLY. If you are between the age of 13-18 a parent MUST be in the water with you. We appreciate your cooperation with this matter.**

# Pool Rules & Policies

## Age Guidelines

### Pool Use

Children **ages 4 and under** must have a parent (or responsible guardian over the age of 16) in the water and within arms reach at all times.

Children **ages 5 - 7** must pass either a deep or shallow end swim test to be in the water without a parent. If children are unable to pass the swim test, parents or guardians must be in the water and within arms reach at all times.

Children **ages 8 - 12** must pass a deep end swim test if they want to swim in the deep end. **Parents must be in the facility.**

### Spa Use

**Under age 13** - Cannot enter the spa area.

**Ages 13 - 18** - Must be accompanied by a parent.

**Over age 18** - No supervision required.

## Pool Rules

1. No solo swimming.
2. No running, boisterous or rough play.
3. Do not use the pool if you are under the influence of alcohol or drugs.
4. No spitting or nose-blowing in the pool.
5. Persons with diarrhea illness or nausea should not enter the pool.
6. Persons with open lesions or wounds should not enter the pool.
7. Persons with skin, eye, ear, or respiratory infections should not enter the pool.
8. No animals or pets allowed in the pool.
9. No glass allowed in the pool or on the deck.
10. You should take a shower before entering the pool.

**\*Please be respectful and obey the lifeguards and all posted rules and guidelines while using the facility\***

Lane 4 - Fast Lap Swim					
Lane 3 - Medium Lap Swim					
Lane 2 - Slow Lap Swim					
Lane 1 - Slow Lap Swim/Walk Lane					
Shallow					Deep

This is an example of the pool layout when there are no classes scheduled. In the event of Water Fitness classes, etc., Lanes 1 and 2 will be reserved for those classes. Lanes 3 and 4 will need to accommodate all levels of swimmers and/or water walkers.

**Please remember we only have one pool - let's share!**