

Summer 2009
(June-August 16)

POOL SCHEDULE



YMCA of Greenville
Golden Strip Family Branch

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30am-6:00am	Masters Swim Lap Swim (5:30am-7:00am)	All Lap Swim (5:30am-7:00am)	Masters Swim Lap Swim (5:30am-7:00am)	All Lap Swim (5:30am-7:00am)	Masters Swim Lap Swim (5:30am-7:00am)	Pool Opens at 7:30am	Pool Opens at 1:30pm	
6:00am-7:00am								
7:00am-8:00am	Lap/Family Swim (7:00am-8:20am)	Lap/Family Swim (7:00am-8:55am)	Lap/Family Swim (7:00am-8:20am)	Lap/Family Swim (7:00am-8:55am)	Lap/Family Swim (7:00am-8:20am)	Lap/Family Swim (7:30am-9:00am)		
8:00am-9:00am	Water Fitness (8:20am-9:55am)		Water Fitness (8:20am-9:55am)		Water Fitness (8:20am-9:55am)			Water Fitness (8:20am-9:55am)
9:00am-10:00am		Water Fitness (9:00am-10:35am)		Arthritis (10:05am-10:50am) NO LAP LANES		Water Fitness (9:00am-10:35am)		
10:00am-11:00am	Silver Splash® (10:05am-10:50am) NO LAP LANES		Stroke Clinics (10:00am-12:00pm)					
11:00am-12:00pm	11:00am: Pool is Flipped (Lap lanes are moved)							
12:00pm-1:00pm	Swim School (11:00am-1:00pm) ONE LAP LANE	Swim School (11:00am-1:00pm) ONE LAP LANE	Swim School (11:00am-1:00pm) ONE LAP LANE	Swim School (11:00am-1:00pm) ONE LAP LANE	Swim School: Make-up Lessons (if needed)	Lap/Family Swim (12:00pm-4:30pm) Birthday Parties (12:15pm-3:30pm)		
1:00pm-2:00pm	YMCA Day Camp (1:00pm-3:45pm)	YMCA Day Camp (12:45pm-3:30pm)	YMCA Day Camp (12:45pm-3:30pm)	YMCA Day Camp (12:45pm-3:30pm)	YMCA Day Camp (12:45pm-3:30pm)			Lap/Family Swim (1:30pm-3:30pm) Birthday Parties (2:00pm-3:00pm)
2:00pm-3:00pm	Lap/Family Swim (12:45pm-4:00pm)	Lap/Family Swim (12:45pm-4:00pm)	Lap/Family Swim (12:45pm-4:00pm)	Lap/Family Swim (12:45pm-4:00pm)	Lap/Family Swim (12:45pm-4:00pm)			
3:00pm-4:00pm	3:45pm: Pool is Flipped (Lap lanes are moved)							
4:00pm-5:00pm	Swim School (3:45pm-6:45pm)	Swim School (3:45pm-6:45pm)	Swim School (3:45pm-6:45pm)	Swim School (3:45pm-6:45pm)	Swim School: Make-up Lessons (if needed) (4:00pm-6:45pm) Lap/Family Swim (4:00pm-7:30pm)	Pool Closes at 4:30pm		
5:00pm-6:00pm	NO FAMILY SWIM	NO FAMILY SWIM	NO FAMILY SWIM	NO FAMILY SWIM				
6:00pm-7:00pm	ONE LAP LANE	ONE LAP LANE	ONE LAP LANE	ONE LAP LANE				
7:00pm-8:00pm	Water Fitness (6:45pm-7:30pm)	Water Fitness (6:45pm-7:30pm)	Lap/Family Swim (6:45pm-7:30pm)	Water Fitness (6:45pm-7:30pm)	Pool Closes at 7:30pm			
8:00pm-9:00pm	Lap/Family Swim (7:30pm-9:00pm)	Lap/Family Swim (7:30pm-9:00pm)	Aqua Boot Camp 1 (7:30pm-8:15pm)	Lap/Family Swim (7:30pm-9:00pm)				

****Schedule cannot reflect special events. We will do our best to notify you of any changes or events when they occur.**

The YMCA of Greenville, following the example of Christ, builds healthy spirit, mind, and body for all.

Masters Swim: Lap lanes will be open for lap swimming with a swim coach on the pool deck to assist anyone with their strokes.

Lap Swim: At least one lane will be open during most pools hours for lap swimming. The only times that all lanes will be removed are during Arthritis/Silver Splash® Class (Mondays, Wednesdays, and Fridays, 10:00am – 10:50am).

Family Swim: Time that is open to members and families for free swim. Families are welcome to swim during any other time (i.e. Water Fitness, Swim Lessons) with the instructor's permission as space allows.

YMCA Day Camp: During the summer months, different groups from the YMCA Day Camp come and swim with the Family Swimmers. Approximately 40-50 campers will be in the pool at this time.

Water Fitness Class: At the scheduled time of Water Fitness, the aerobic class has priority on pool space. Family swimmers may swim as space allows. Each class has a minimum of 3 lane widths. When a class reaches 15-25 participants, the class occupies 4 lane widths. With more than 25 participants, the class occupies 5 lane widths.

Aqua Boot Camp: Due to the size and nature of this class, this class may occupy more lane widths than the standard Water Fitness Class. Regardless of class size, one lap lane will remain in the pool for lap swimmers.

Arthritis/Silver Splash® Class: Due to the size and nature of this class, the pool is **closed** to Lap Swim and Family Swim.

Swim School & Stroke School: During the busy season of swim lessons, the pool is often crowded at this time. Space for Family Swim is **limited or closed** at this time. Only one lap lane will remain in the pool for lap swimmers.

Birthday Parties: On Saturday and Sunday, the YMCA pool hosts Birthday Parties. These parties are welcome to use the pool space as family swimmers during their stay.

Recreation Swim Policy ("Family Swim")

Children ages 4 and under:

- Must have a parent/guardian (18+years) in the water with them at all times

Children ages 5 to 7:

- Must pass either a deep end or shallow end swim test
- Parent/Guardian (18+years) must be in the pool area and within arms reach of the child at all times

Children ages 8 to 12:

- Must pass a deep end swim test if they want to swim in the deep water
- Parent/Guardian must be in the facility

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