



We build strong kids, strong families, strong communities.

## **FACTS ABOUT OUR SWIMMING POOL**

- **The pool length is 25 yards**
  - **One length = 25 yds**
  - **One lap = 50 yds**
  - **36 laps = 1 mile**
  - **27 laps =  $\frac{3}{4}$  mile**
  - **18 laps =  $\frac{1}{2}$  mile**
  - **9 laps =  $\frac{1}{4}$  mile**
  
- **Our pool temperature is 85.2 degrees**
- **Our pool air temperature is 80 – 84 degrees**

**Family Swim:** Swimmers of all ages and levels can use this time in the pool.

**Adult Lap Swim:** Swimmers must be 18 yrs of age and older.

**Arthritis Class:** Created by the Arthritis Foundation and the YMCA of the USA. It focuses on range of motion exercise and muscle strengthening and less on cardiovascular.

**Deep Water:** A non-impact, high intensity cardiovascular workout performed in deep water with aid of flotation belts.

**Water Aerobics:** Low impact, moderate to high intensity cardiovascular workout followed by toning and stretching.

**Water Walking:** A low impact activity with the resistance and buoyancy of the water. Work at your own pace.

# Y SWIM LESSONS™

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## **FACTS ABOUT SWIMMING LESSONS**

**Enrollment:** A minimum of 4 students must be enrolled in the class to be held. Classes below the minimum registration may be combined with other classes.

**Missed Classes:** No make-up lessons will be provided unless the YMCA cancels a class due to pool problems or lightning.

**SKIP Swim Class:** This class is a water adjustment class for children 6mos to 3 years and includes a parent(s) in the water. Classes last 30 minutes and include songs, games, blowing bubbles, kicking, moving arms and playing with toys.

**Preschool Swim Classes:** These classes are water adjustment classes for children ages 3 to 5 years old. The classes last 30 minutes and include stroke development, endurance swimming, treading water, underwater swimming, & safety instruction.

**Youth Swim Classes:** Classes are for youth 6 to 11 years of age and will last 45 minutes. The goal for this age group is to develop the whole person-physically, mentally, and spiritually. Each level builds upon the preceding level with 7 levels covering all the strokes, diving fundamentals and safety skills.

**Adult/Teen Classes:** Encourages self-confidence and skill development. Participants learn basic skills as floating, breath control, efficient kick and arm movements. These classes are 45 minutes in length.

***Did you know: The YMCA offers an instructional swim program year-round for all classes; the YMCA has been teaching swimming lessons for over 150 years; our instruction is caring and personalized; our lessons focus on fun, safety, skill and character development; a lifeguard is on duty at all times.***