



POOL SCHEDULE

MILLS COUNTY YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pool Schedule
August 26th - September 5th

36 laps (1 way) = 1/2 mile

72 laps (1 way) = 1 mile

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Open Swim 12-3PM <div style="border: 1px solid black; border-radius: 15px; padding: 5px; width: fit-content;"> Swim Lessons 3-4:30pm Pool Closed </div>	Lap Swim 5:30-8AM	Lap Swim 5:30-8AM	Lap Swim 5:30-8AM	Lap Swim 5:30-8AM	Lap Swim 5:30-8AM	Open Swim 8AM-12PM	
	<u>Aqua Variety</u> JANET 6-6:45AM Lap Lane Open Rec Side Open		<u>Aqua Variety</u> JANET 6-6:45AM Lap Lane Open Rec Side Open				
	<u>Aqua Fit</u> JANET 8-8:45AM <u>OWLS</u> 9-9:30AM Lap Lane Open Rec Side Open	Open Swim 8 - 1PM Rec Side, No Features	<u>OWLS</u> 9- 9:30AM Lap Lane Open Rec Side Open	Open Swim 8 - 1PM Rec Side, No Features	<u>Aqua Fit</u> JANET 8-8:45AM <u>OWLS</u> 9-9:30AM Lap Lane Open Rec Side Open		
	<i>OPEN SWIM 9:30am-1pm</i> <i>Rec Side, No Features</i>		<i>OPEN SWIM 9:30am-1pm</i> <i>Rec Side, No Features</i>		<i>OPEN SWIM 9:30am-1pm</i> <i>Rec Side, No Features</i>		
	POOL CLOSED 1-4PM	POOL CLOSED 1-4PM	POOL CLOSED 1-4PM	POOL CLOSED 1-4PM	POOL CLOSED 1-4PM		
	Open Swim 4-5:30PM	Open Swim 4-5:25PM	Open Swim 4-5:30PM	Open Swim 4-5:30PM	Open Swim 4-7PM		
	Shared Pool 5:30-6pm Aqua Jog Alexis	Shared Pool 5:25-6:10pm Aqua Boot Camp Alexis	Shared Pool 5:30-6pm Aqua Jog Alexis	Shared Pool 5:30-6:15pm Aqua Boot Camp Alexis			
	Open Swim 6-8pm	POOL CLOSED 6:10pm SWIM LESSONS	Open Swim 6-8pm	Open Swim 6:15-8pm			



Aquatic Fitness

MILLS COUNTY YMCA

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Schedule August 28th - December 17th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aqua Variety JANET 6-6:45am		Aqua Variety JANET 6-6:45am		
Aqua Fit JANET 8-8:45am				Aqua Fit JANET 8-8:45am
OWLS 9-9:30am		OWLS 9-9:30am		OWLS 9-9:30am
Aqua Jog ALEXIS 5:30-6pm	Aqua Boot Camp ALEXIS 5:25-6:10pm	Aqua Jog ALEXIS 5:30-6pm	Aqua Boot Camp ALEXIS 5:30-6:15pm	

Class Descriptions:

Aqua Fit: Challenge all your major muscle groups with these dynamic exercises. Increase your calorie burn and build lean muscle.

O.W.L.S.: Older, Wiser, Livelier, Swimmers is a volunteer class that is a fun lively workout that increases cardiovascular endurance.

Aqua Variety: Cardiovascular workout that is combination of different programs. Check out the variety of this program and the amazing benefits it has for you.

Aqua Boot Camp: This is a cardiovascular all over workout. This class will use several pieces of aquatic fitness equipment, will involve both shallow and deep water exercises, and will incorporate boot camp skills with using wall drills, push ups and interval training. This class is for all swimmers and float belts are available.

Aqua Jog: Gives you the benefits of running with less impact on your body! Come experience the density difference while working hard and burning calories. If you are a runner or are recovering from an injury, this is the class for you!

Pool Descriptions:

Lap Swim: Lap Lanes are reserved for continuous lap swimming, Rec side is open for general exercise.

Open Swim: Pool is open for general swimming for all age groups. During the evening hours, water features will be available.

Shared Pool: During shared pool times, youth 17 and under will only be allowed in the shallow side of the pool above the 3 foot area. One lap lane will be available for lap swimming.

IMPORTANT

All youth 17 and under must wear a red band and remain in shallow water until completing the deep water swim test, which will be given at pool check during open swim times. **All youth 7 and under, must be accompanied in the pool, within arms reach of an adult at all times.**