

March - May 2010
Indoor Pool Schedule



	Family Swim	Water Fitness	Swim Lessons	Additional Aquatics Information	
	<p>Family Swim is available to all members. All children 5th grade and younger must be accompanied by an adult, 18 years of age or older. Middle school members must have a membership card and a Middle School orientation band to swim without adult supervision. We provide approved floatation devices, blow up floatation devices are not permitted in the pool area.</p>	<p>A variety of group water aerobics workouts including cardio and strength with varying degrees of impact and difficulty. For more information, ask for the Water Fitness schedule at the front desk, check our website, or contact Bonny Rakowski at Bonny.Rakowski@ymcatriangle.org.</p>	<p>Group structured, instructional swim for ages 6 months to 13 years of age. For more information see the front desk, or visit our website.</p>	<p>Competitor Programs: Post Swim Lessons, Pre-Competitive Programs These programs are geared towards children ages 6 to 18 years who would like to fine tune their swimming skills and have introduction to a "swim team" experience. To qualify for the Competitor programs, children must be able to swim 25 yards of freestyle with rotary breathing, 25 yards of backstroke, and 25 yards of breaststroke. Competitive Edge is divided into week long sessions where the swimmer focuses on one or two specific technique areas per session. MW 6:10-6:55 pm</p>	
Monday	<p>12:00-4:30pm 6:00-9:45pm</p>	<p>8:30-9:30 am 9:30-10:30am 10:30-11:30am 7:00-8:00pm</p>	<p>PreK Lessons: 4:30-5:05 pm 5:10-5:45 pm Youth Lessons: 5:10-6:00 pm Competitive Edge: 6:10-6:55pm</p>	<p>YOTA is committed to offering a quality, year-round swim team with emphasis on teaching the value of competition through teamwork, sportsmanship and doing one's best. The program strives to offer a well-rounded, values-centered program for every member, and it is YOTA's goal to be the best swim team in the Triangle Area and to set the standard for competitive swimming in North Carolina!</p>	<p>Private Swim Lessons: Private swim lessons are one-on-one swimming instruction. Each lesson is 30 minutes in duration. We do require at least one week's notice to be given in order to set up the lessons. See the front desk for more information or to sign up. MW 3:00-4:30 pm T/TH 12:00-1:00 pm, 3:00-5:00pm; 7:00-8:00 pm Saturday 12:30-4:00 pm</p>
Tuesday	<p>12:00-5:00pm 7:30-9:45pm **Tracking Out 12:00-2:00**</p>	<p>9:30-10:30am 10:30-11:30am 7:00pm-8:00pm</p>	<p>Water Babies: 9:15-9:50 am Prek Lessons: 5:00-5:35 pm 5:40-6:15 pm 6:20-6:55 pm *6:35-7:10 pm Youth Lessons: *6:30-7:20 pm 6:40-7:30 pm</p>	<p>Aquatics Personal Training We offer, to our members, Individualized water exercise with a certified trainer. One-hour sessions include one-on-one aerobic, strength and flexibility training in the pool. For more information visit the front desk, or contact Donnie Jackson at 845-3865</p>	<p>Master's Swim: A group of 18 and older adults who are looking to continue stroke technique, work in a team atmosphere, and work on endurance training. Contact Carla.Martin@ymcatriangle.org M/W/F 5:30-7:30 am</p>
Wednesday*	<p>6:00-9:45pm **Finley Good Times 3:15-4:00**</p>	<p>8:30-9:30am 9:30-10:30am 10:30-11:30am 11:30-12:30pm Shallow Classes</p>	<p>PreK Lessons: 4:30-5:05 pm 5:10-5:45 pm Youth Lessons: 5:10-6:00 pm Competitive Edge: 6:10-6:55pm</p>	<p>Band Policy: Children 14 and younger must wear a swim band at all times while swimming. If he/she does not have a swim band they must be at arms length at all times of a parent or wear a PFD. Yellow Band: To earn a yellow band, a child must be able to swim comfortably one half (12 1/2 yards) of the pool with their face in the water and their arms coming out of the water (freestyle) without goggles and tread water for 30 seconds. Black Band: To earn a black band, a child must be able to comfortably swim one length (25 yards) without goggles with their face in the water using arm over arm strokes with rhythmic breathing and tread water for 30 seconds. Once your child has received the blue card stating the band color they have earned, their band information will be entered into our database. If your child forgets or loses their black band, a new band can be purchased for \$3. <i>The YMCA reserves the right to challenge any child who a lifeguard believes does not have a band which color matches their swimming ability.</i></p>	
Thursday*	<p>12:00-5:00pm 7:30-9:45pm **Tracking Out 12:00-2:00**</p>	<p>8:30-9:30am 9:30-10:30am 10:30-11:30am 7:00-8:00pm Deep Water Classes</p>	<p>Water Babies: 9:15-9:50am Prek Lessons: 5:00-5:35 pm 5:40-6:15 pm 6:20-6:55pm Youth Lessons: 6:40-7:30 pm</p>	<p>The Rock is a fun way to spend your Saturday or Sunday afternoon at the Indoor Pool! It is a giant inflatable slide and a blast to have back in our pool! Saturdays 1:00-6:45pm Sundays 1:00-6:45pm</p>	
Friday	<p>12:00-9:45pm **Availability may be reduced in the evening on this day due to make-up swim lessons and/or program needs.</p>	<p>8:30-9:30am 9:30-10:30am 10:30-11:30am</p>	<p>Make-Up Swim Lessons</p>	<p>WakeMed: WakeMed is our community health partner that offers physical therapy and rehabilitation. For further information please call (919) 350-3800.</p>	
Saturday	<p>11:45am-5:45pm The Rock 1:00-5:45pm</p>	<p>9:00-10:00am 10:00-11:00am</p>	<p>Water Babies: 8:25-9:00 am 9:05-9:40 am PreK Lessons: 9:45-10:20 am 10:25-11:00 am *11:05-11:40 am Youth Lessons: 9:45-10:35 am *10:45-11:35 am</p>	<p>Please visit our website for more information www.ymcatriangle.org</p> <p>*Every Wednesday and Thursday we will be changing the pool set-up to short course meters. This set-up helps to utilize pool space more efficiently and provides variety for swimmers.</p>	
Sunday	<p>1:00-6:45pm The Rock 1:00-6:45pm</p>	<p>NO H₂O Fitness Classes</p>	<p>No Swim Lessons</p>	<p>**Scheduled activities and lap swim availability are subject to change due to programming needs. See reverse side for additional activity schedules. For lane availability see reverse side or a pool manager.**</p> <p>A.E. FINLEY YMCA</p>	