



Genesee County YMCA Pool Schedule

July 1-July 20

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--------------------------------------|---|--|
| Lap Swim 5:30am-7:50am | Lap Swim 5:30am-7:50am | Lap Swim 5:30am-7:50am | Lap Swim 5:30am-7:50am | Lap Swim 5:30am-7:50am | Lap Swim 7:10am-8:50am |
| Lap Swim 8:00am-8:50am | Lap Swim 8:00am-8:50am | Lap Swim 8:00am-8:50am | Lap Swim 8:00am-8:50am | Lap Swim 8:00am-8:50am | |
| Lap Swim 9:00am-10:00am | Kindercamp 9:00am-10:00am | Lessons/Lap Swim 8:45am-10:00am | Kindercamp 9:00am-10:00am | GVEP 9:00am-9:45am Begins 7/12 | |
| GVEP 9:00am-9:45am Begins 7/15 | Lap Swim 9:00am-10:00am | GVEP 9:00am-9:45am Begins 7/17 | Senior Swim 9:00am-10:00am | Lap Swim 9:00am-10:00am | Swim Lessons 9:00am-11:45 am |
| Adult Swim 10:15am-11:00am | Adult Swim 10:15am-11:50am | Adult Swim 10:15am-11:00am | Adult Swim 10:15am-11:50am | Adult Swim 10:15am-11:00am | |
| Water X 11:00am-12:00pm | Lap Swim 12:00pm-12:50pm | Water X 11:00am-12:00pm | Lap Swim 12:00pm-12:50pm | Water X 11:00am-12:00pm | Family Swim 12:00pm-12:50pm |
| Lap Swim 12:10pm-12:50pm | Senior Swim 1:00pm-2:00pm | Lap Swim 12:10pm-12:50pm | Senior Swim 1:00pm-2:00pm | Lap Swim 12:10pm-12:50pm | Family Swim 1:00pm-1:50pm |
| Shallow X 12:45pm-1:45pm | Day Camp 2:00pm-3:30pm | Shallow X 12:45pm-1:45pm | Day Camp 2:00pm-3:30pm | Shallow X 12:45pm-1:45pm | |
| Day Camp 1:45pm-3:30pm | Lap Swim 3:00pm-3:50pm | Day Camp 1:45pm-3:30pm | Lap Swim 3:00pm-3:50pm | Parks Program 2:00pm-3:00pm Begins 7/5 | |
| Lap Swim 3:00pm-4:00pm | Swim Team 4:00pm-5:30pm | Lap Swim 3:00pm-4:00pm | Swim Team 4:00pm-5:30pm | Adult Swim 3:15pm-5:50pm | |
| Lap Swim 4:10pm-5:50pm | | Lap Swim 4:10pm-5:20pm | | Water Yoga 4:00pm-5:00pm Begins 7/12 | |
| Family Swim 6:00pm-6:50pm | Swim Lessons/1 Lap Lane 5:35pm-7:00pm | Swim Lessons/1 Lap Lane 5:35pm-7:00pm | Water X 6:00pm-7:00pm | Family Swim 6:00pm-6:50pm | |
| Family Swim 7:00pm-7:50pm | Water X 7:05pm-8:05pm | Lap Swim 7:10pm-8:00pm | Adult Swim 7:10pm-8:00pm | Family Swim 7:00pm-7:50pm | |

Pool Schedule is subject to change without notice.
Pool use is Prohibited at any other time.



Genesee County YMCA Pool Schedule

July 22-August 10

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--------------------------------------|---|--|
| Lap Swim 5:30am-7:50am | Lap Swim 5:30am-7:50am | Lap Swim 5:30am-7:50am | Lap Swim 5:30am-7:50am | Lap Swim 5:30am-7:50am | Lap Swim 7:10am-8:50am |
| Lap Swim 8:00am-8:50am | Lap Swim 8:00am-8:50am | Lap Swim 8:00am-8:50am | Lap Swim 8:00am-8:50am | Lap Swim 8:00am-8:50am | |
| Lap Swim 9:00am-10:00am | Kindercamp 9:00am-10:00am | Lessons/ Lap Swim 8:45am-10:00am | Kindercamp 9:00am-10:00am | GVEP 9:00am-9:45am Ends 8/9 | |
| GVEP 9:00am-9:45am Ends 8/5 | Lap Swim 9:00am-10:00am | GVEP 9:00am-9:45am Ends 8/7 | Senior Swim 9:00am-10:00am | Lap Swim 9:00am-10:00am | Swim Lessons 9:00am-11:45 am |
| Adult Swim 10:15am-11:00am | Adult Swim 10:15am-11:50am | Adult Swim 10:15am-11:00am | Adult Swim 10:15am-11:50am | Adult Swim 10:15am-11:00am | |
| Water X 11:00am-12:00pm | Lap Swim 12:00pm-12:50pm | Water X 11:00am-12:00pm | Lap Swim 12:00pm-12:50pm | Water X 11:00am-12:00pm | Family Swim 12:00pm-12:50pm |
| Lap Swim 12:10pm-12:50pm | Senior Swim 1:00pm-2:00pm | Lap Swim 12:10pm-12:50pm | Senior Swim 1:00pm-2:00pm | Lap Swim 12:10pm-12:50pm | Family Swim 1:00pm-1:50pm |
| Shallow X 12:45pm-1:45pm | Day Camp 2:00pm-3:30pm | Shallow X 12:45pm-1:45pm | Day Camp 2:00pm-3:30pm | Shallow X 12:45pm-1:45pm | |
| Day Camp 1:45pm-3:30pm | Lap Swim 3:00pm-3:50pm | Day Camp 1:45pm-3:30pm | Lap Swim 3:00pm-3:50pm | Parks Program 2:00pm-3:00pm Ends 8/2 | |
| Lap Swim 3:00pm-4:00pm | Swim Team 4:00pm-5:30pm | Lap Swim 3:00pm-4:00pm | Swim Team 4:00pm-5:30pm | Adult Swim 3:15pm-5:50pm | |
| Challenger 4:10pm-5:45pm | | Lap Swim 4:10pm-5:20pm | | Water Yoga 4:00pm-5:00pm | |
| Family Swim 6:00pm-6:50pm | Swim Lessons/ 1 Lap Lane 5:35pm-7:00pm | Swim Lessons/ 1 Lap Lane 5:35pm-7:00pm | Water X 6:00pm-7:00pm | Family Swim 6:00pm-6:50pm | |
| Family Swim 7:00pm-7:50pm | Water X 7:05pm-8:05pm | Lap Swim 7:10pm-8:00pm | Adult Swim 7:10pm-8:00pm | Family Swim 7:00pm-7:50pm | |

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Genesee County YMCA Water Exercise

SENIOR SWIM

Senior Swim is an open swim time for adults to use the pool for low impact exercise. Individuals are welcome to follow each other through a full body exercise outline and lots of stretching. Kickboards and dumbbells are available for use.

SHALLOW WATER X

This class is a full body workout focusing on strengthening your muscles. The workout is entirely in the shallow end of the pool using kickboard, barbells, and noodles. Join us and find out how the resistance of the water can improve your life!

WATER X

This high intensity class is for those looking for a cardio and strength workout using water dumbbells, kickboards, and noodles. About half of the class time usually takes place in the shallow end while the second half of class time participants are allowed to exercise in the deep end.

WATER YOGA

It will be an easy to moderate class using yoga asana and pranayama while in the water lessening joint stress. Suitable for beginners to regular yoga students. Emphasis will be on connecting breathing with movement. There will also be short meditations included.

Genesee County YMCA Pool Policies

- * Adult Swim is for members 18 years old and up.
- * Lap swimming is open for members 12 and older who have successfully passed a deep end test.
- * There are scheduled 10 minute breaks for lifeguards during open pool hours.
- * Members and Guests must use the pool in accordance with staff/lifeguard instruction and pool rules.
- * Members and Guests are to wear swim attire or non-cotton exercise clothing in the pool.
- * Children under the age of **nine (9)** must be accompanied at all times by a parent or adult over 18 years of age regardless of swim ability. The adult must remain in the pool area while their child is swimming.
- * Children under the age of **six (6)**, regardless of swim ability, must be accompanied by an adult over the age of 18 in the water with them.
- * Child(ren) not potty-trained must wear a swim diaper while in the pool.
- * Members and guests wishing to use the deep end must successfully complete a deep end test to be given by the lifeguard on duty. Members and guests who have already completed the test must wear an identifying wristband available at the front desk.
- * **Family Swim Policies**
- * Please ask a lifeguard before entering the equipment closet.
- * Inflatable floatation devices are not permitted.
- * Families may bring in their own individual flotation devices (IFD) bubbles or puddle jumpers. YMCA swim lesson bubbles are not to be borrowed.**
- * Kickboards are only to be used in the lap lane.
- * Flippers and snorkels are only permitted in the lap lane.
- * Goggles and noodles will not be available to borrow during Family Swim.
- * When jumping in- jump from the white gutter, no flips or twists; face the pool. In the shallow end all jumps must be feet first.
- * Lifeguards will take a 10 minute break during Family Swim as posted on the pool schedule.

Bubbles are **not considered a lifesaving device. Therefore we do not allow anyone to use the YMCA swim lesson bubbles, however you wish to bring in their own, you may use them.

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