

AQUATICS SCHEDULE

APRIL 1 – JUNE 2, 2019

Monday 5:30 A.M.–8:30 P.M.

	LN1	LN2	LN3	LN4	LN5
5:30a	Lap Swim			Open Swim	
7:30a	Lap Swim		Aqua Boot Camp*		
8:30a	Lap Swim		Aqua Functional		
9:30a	Lap Swim			Open Swim	
4:00p	Piranhas*				
7:00p	Lap Swim			Open Swim	

Tuesday 5:30 A.M.–8:30 P.M.

	LN1	LN2	LN3	LN4	LN5
5:30a	Lap Swim			Open Swim	
6:00a	Lap Swim		Aqua Early Birds		
6:50a	Lap Swim			Open Swim	
8:30a	Lap Swim		Aqua Fusion		
9:30a	Masters*			Open Swim	
10:30a	Lap Swim			Open Swim	
Noon	Lap Swim		Aqua Fusion		
1:00p	Lap Swim			Open Swim	
4:00p	Piranhas*				
6:30p	Lap Swim			Open Swim	
7:30p	Masters*			Open Swim	

Wednesday 5:30 A.M.–8:30 P.M.

	LN1	LN2	LN3	LN4	LN5
5:30a	Lap Swim			Open Swim	
7:30a	Lap Swim		Aqua Boot Camp*		
8:30a	Lap Swim		Aqua Functional		
9:30a	Lap Swim			Open Swim	
Noon	Lap Swim		Aqua Fit N Stretch		
1:00p	Lap Swim			Open Swim	
4:00p	Piranhas*				
6:30p	Lap Swim			Open Swim	

Thursday 5:30 A.M.–8:30 P.M.

	LN1	LN2	LN3	LN4	LN5
5:30a	Lap Swim			Open Swim	
6:00a	Lap Swim		Aqua Early Birds		
6:50a	Lap Swim			Open Swim	
8:30a	Lap Swim		Aqua Fusion		
9:30a	Masters*			Open Swim	
10:30a	Lap Swim			Open Swim	
Noon	Lap Swim		Aqua Fusion		
1:00p	Lap Swim			Open Swim	
4:00p	Piranhas*				
6:30p	Lap Swim			Open Swim	
7:30p	Masters*			Open Swim	

Friday 5:30 A.M.–6:30 P.M.

	LN1	LN2	LN3	LN4	LN5
5:30a	Lap Swim			Open Swim	
8:30a	Lap Swim		Aqua Functional		
9:30a	Lap Swim			Open Swim	
4:30p	Piranhas*				

Saturday 7 A.M.–4:30 P.M.

	LN1	LN2	LN3	LN4	LN5
7:00a	Lap Swim			Open Swim	
8:30a	Lap Swim		Aqua Action		
9:30a	Lap Swim			Open Swim	

Sunday 7 A.M.–6:30 P.M.

	LN1	LN2	LN3	LN4	LN5
7:00a	Lap Swim			Open Swim	
8:00a	Lap Swim				
9:00a	Lap Swim			Open Swim	
4:30p	Masters*				
5:30p	Lap Swim			Open Swim	

Class Descriptions and Pool Guidelines

DESCRIPTION

Lap Swim: For Individuals 15 years of age and older. Circle swimming is required for 2 or more lap swimmers

Open Swim: Recreational swimming for people of all ages

MEASUREMENTS

25 Yard Pool

1 length = 25 yards (from wall to wall)

2 lengths = 50 yards

4 lengths = 100 yards

½ mile = about 850 yards = 34 lengths

1 mile = 1650 yards = 66 lengths (Competition Length)

PIRANHAS SWIM TEAM

To register for Piranhas, visit the Member Services Desk. Questions? Contact Zak Trimble at aquatics@ywcastpaul.org

Juniors (Ages 5–10): This group is for swimmers who are new to competitive swimming and want to learn more about the sport. Junior Piranhas will not compete in swim meets. Practices are offered Wednesday, 6–7 p.m. and Friday, 5:30–6:30 p.m. It is recommended that swimmers attend 1–2 days per week.

Bronze (Ages 6–10): This group is comprised of swimmers who can complete training sets using freestyle and backstroke legally, with a focus on technique improvement and longer swims. Practices are offered Monday–Thursday, 5–6 p.m. It is recommended that swimmers attend 2–3 days per week.

Silver (Ages 9–14): For swimmers transitioning from technique training to more interval or endurance swimming. Practices are offered Monday–Thursday, 6–7 p.m. and Friday, 5:30–6:30 p.m. It is recommended that swimmers attend 3–4 days per week.

Gold (Ages 11–18): For swimmers ready to start more intense training with the ability to train for individual medley and distance freestyle in higher levels of competition. Practices are offered Monday–Thursday, 4–5:30 p.m. and Friday, 4:30–5:30 p.m. It is recommended that swimmers attend all 5 practices per week.

MASTERS SWIMMING

The Masters group is for swimmers who can swim 200 yards. It's great for former competitive swimmers and triathletes in training, but competitive swimming experience is not required. Masters swimming is a monthly membership. To register for Masters, visit the Member Services Desk.

CLASSES

Aqua Action: Class combines stretching, deep and shallow water cardio and toning.

Aqua Boot Camp: Fast-paced class uses circuits to improve stamina, strength, power and speed. Workouts take place both in and out of the water. This specialty class requires additional fees and/or advance registration.

Aqua Early Birds: Class combines intervals with deep water cardio with toning.

Aqua Fit N Stretch: Combinations utilize water resistance to tone muscles and stretch in both deep and shallow water.

Aqua Flex: Combinations and transitions emphasize total body conditioning in deep and shallow water. Includes relaxation techniques.

Aqua Functional: Improve daily living activity and enhance sport performance.

Aqua Fusion: Class combines cardio intervals with fitness and strength training

POOL GUIDELINES

No running on the pool deck.

Proper swimwear is required (no jean shorts).

Jumping into the pool is allowed only from the white grates of pool wall. Jumps must be facing forward.

Spitting, spouting and nose blowing are prohibited in the pool.

No glass is allowed on the pool deck.

Children ages 14 years and younger must be actively supervised by an adult at all times while in the facility.

Children ages 10 and younger must have a parent/guardian (18 years of age or older) in the water with them at all times.

Children 4 and under, or who cannot touch the bottom of the pool, must be within an arm's reach of a parent or guardian at all times.

Children who are not potty trained must wear plastic pants or swim diapers.

Circle swimming is required when there are 2 or more individuals in a lap lane.

No person(s) with or suspected of having a communicable disease which could be transmitted through the use of the pool.

The pool, hot tub and sauna close 30 minutes prior to the facility closing for safety precautions.

During Masters and Piranhas Practices: if there are fewer than 5 swimmers additional lanes will be open for adult lap swimmers.

EQUIPMENT GUIDELINES

US Coast Guard approved life jackets only

Lifejackets are allowed anywhere in the pool—must be accompanied by adult.

Open swim equipment is restricted to noodles, barbells, lifejackets, floatation rafts and toys.

Flotation rafts are allowed in the shallow end of the pool. Noodles can be used in the deep end of the pool by individuals over the age of 15.

Youth barbells and fins are for instructional use only.

Please place all equipment away when done utilizing it.