



SALT FORK YMCA POOL SCHEDULE SPRING 2022

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:30 AM		Lap Swim / Family Rec Swim 5:30-6:45am		Lap Swim / Family Rec Swim 5:30-6:45am		Closed	Closed	
6:00 AM								
6:30 AM	Lap Swim Family Rec Swim 5:30-9:00am	Deep Water 6:45am-7:30am	Lap Swim Family Rec Swim 5:30-9:00am	Deep Water 6:45am-7:30am	Lap Swim Family Rec swim 5:30-9:00am	Lap Swim Family Rec Swim 7:00-10:00 am		
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM		Lap Swim Family Rec Swim 7:30-9:00am		Lap Swim Family Rec Swim 7:30-10:00am				
9:00 AM	Rusty Hinges 9:00-10:00am		Rusty Hinges 9:00-10:00am		Rusty Hinges 9:00-10:00am			
9:30 AM								
10:00 AM	Lap Swim Family Rec Swim 10:00-1:00pm	Lap Swim Family Rec Swim 10:00-1:00pm	Lap Swim Family Rec Swim 10:00-1:00pm		Lap Swim Family Rec Swim 10:00-1:00pm			
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM	Closed	Closed		Closed	Closed	Lap Swim Family Rec Swim 11:00-5:00pm	Lap Swim Family Rec Swim 1:00-5:00 pm	
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM	Lap Swim Family Rec Swim 3:30-5:00pm	Lap Swim Family Rec Swim 3:30-5:00pm	Lap Swim Family Rec Swim 3:30-5:00pm	Lap Swim Family Rec Swim 3:30-5:00pm	Lap Swim Family Rec Swim 3:30-5:00pm			
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM	Swim Lessons 5:00-5:30pm	Swim Lessons 5:00-5:30pm	Swim Lessons 5:00-5:30pm	Swim Lessons 5:00-5:30pm	Closed			
6:00 PM	Deep Water 5:30-6:30pm	Aqua Zumba 5:30-6:30pm	Aqua Zumba 5:30-6:30pm					
6:30 PM								
7:00 PM	Lap Swim Family Rec Swim 6:30-8:00pm	Lap Swim Family Rec Swim 6:30-8:00pm	Lap Swim Family Rec Swim 5:30-8:00pm	Lap Swim Family Rec Swim 6:30-8:00pm				
7:30 PM								
8:00 PM								

Holiday & Inclement weather may effect the Aquatics Area availability.

Lightning Policy: In case of thunder/lightning storms, we will close the pool as recommended by YMCA of the USA guidelines. The pool will remain closed for 30 minutes after each detected lightning strike. Lifeguard on duty will make official decision on weather openings/closings. 03/30/2022

GROUP WATER EXERCISE:

AQUA ZUMBA

- * Low impact, high-energy aquatic exercise
- * Aqua Zumba blends the Zumba philosophy with water resistance
- * Less impact on your joints
- * Water creates natural resistance, which helps tone muscles

DEEP WATER AEROBICS

- * Invigorating class to increase your sense of well-being through muscle toning
- * While suspended in the deep water with your buoyancy equipment, you can perform almost any activity in the water that you do on land
- * Zero impact class due to being in the deep water

RUSTY HINGES

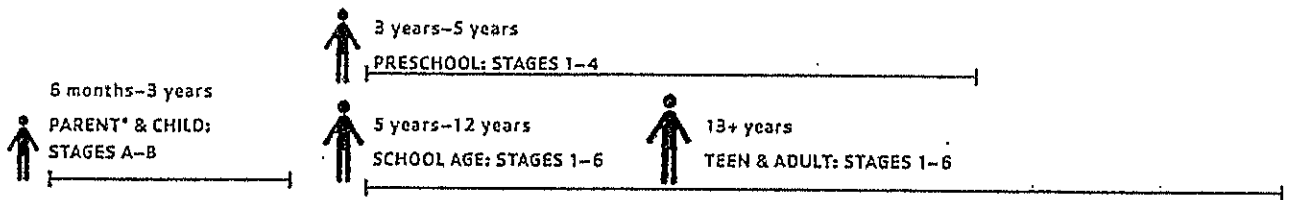
- * Shallow water workout
- * Focuses on range of motion, flexibility and light cardio
- * Non-impact with resistance
- * Great for arthritis and joint pain and/or recovering from an injury

ROGUE H2O

- * Class for any fitness level
- * Vigorous aerobic exercise with little joint impact
- * Improves your cardio level while strengthening your muscles

GROUP SWIM LESSONS:

AGE GROUPS



SWIM STAGES

SWIM STARTERS
Parent* & child lessons

STAGE A STAGE B

NOT
YET

NOT
YET

CAN THE
STUDENT:
Respond to
verbal cues
and jump on
land?

YES

Work with
an instructor
without a
parent in the
water?

YES

SWIM BASICS
Recommended skills for all to have around water

STAGE 1 STAGE 2 STAGE 3

NOT
YET

NOT
YET

NOT
YET

Go underwater
voluntarily?

YES

Do a front &
back float on
his/her own?

YES

Swim 10–15
yds. on his/her
stomach
& back?

YES

SWIM STROKES
Skills to support a healthy lifestyle

STAGE 4 STAGE 5 STAGE 6

NOT
YET

NOT
YET

NOT
YET

Swim 15 yds.
of front &
back crawl
and tread
water for 1
min.?

YES

Swim 25 yds.
of front crawl
& back crawl,
and 15 yds. of
breaststroke
& butterfly?

YES

Swim 50 yds of
all competitive
swim strokes:
front crawl,
back crawl,
breaststroke and
butterfly?

LESSON SELECTOR