



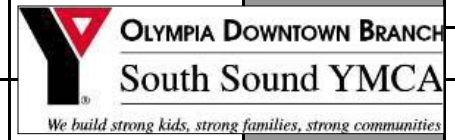
We build strong kids, strong families, strong communities.

# WINTER 2009-2010 POOL SCHEDULE

### Pool Operating Hours

**MONDAY - FRIDAY** 5:45 am - 8:45 pm  
**SATURDAY** 7:00 am - 5:30 pm  
**SUNDAY** 1:00 pm - 4:45 pm

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
5:45 AM	<p>All classes are subject to change . . . . .</p> <p>For more info about programs, scheduling and training, please call <b>Tanya Bowers Anderson</b>, Aquatics Coordinator at (360) 918-0270 or email at <a href="mailto:Bowerst@ssymca.net">Bowerst@ssymca.net</a></p> <p>-----</p> <p><b>This schedule is effective 01/04/10</b></p> <p><i>Last Updated on: 01/04/10 LMoore</i></p>	Lap Swim 5:45-8:00am	Masters Swim Team 5:45-7:00am	Lap Swim 5:45-8:00am	Masters Swim Team 5:45-7:00am	Lap Swim 5:45-8:00am		5:45 AM	
7:00 AM			Lap Swim 7:00-9:00am	Lap Swim 5:45-8:00am	Lap Swim 7:00-9:00am	Lap Swim 5:45-8:00am	Masters Swim Team 7:00-8:15am	7:00 AM	
8:30 AM		Water Exercise 8:00-9:00am		Water Exercise 8:00-9:00am		Water Exercise 8:00-9:00am	Adult/Teen Lessons: Taught by Masters 8:15-9:00am	8:15 AM	
9:30 AM		Swim Lessons/Lap Swim 9:00-11:15am	Swim Lesson/Lap Swim 9:00-11:15am	Swim Lessons/Lap Swim 9:00-11:15am	Swim Lesson/Lap Swim 9:00-11:15am	Open Swim/Lap Swim 9:00-11:00am	Swim Lessons & Lap Swim 9:00-9:45am	9:00 AM	
10:00 AM							Swim Lessons 9:45-11:30am	10:00 AM	
11:00 AM		Private Lessons/ Water Exercise 11:00am-12:00pm	Open Swim/Lap Swim 11:15am-12:15pm	Private Lessons/ Water Exercise 11:00am-12:00pm	Open Swim/Lap Swim 11:15am-12:15pm	Water Exercise 11:00am-12:00pm		11:00 AM	
12:00 PM			Lap Lane/Water Walking 12:15-12:45pm		Lap Lane/Water Walking 12:15-12:45pm			11:30 AM	
12:45 PM		Lap Swim 12:00-1:30pm		Lap Swim 12:00-1:30pm		Lap Swim 12:00-1:30pm		12:00 PM	
1:00 PM			Lap Swim 12:45-2:00pm		Lap Swim 12:45-2:00pm		Synchro Team/ Open Swim 11:30-2:00 pm	12:45 PM	
1:30 PM								1:00 PM	
2:00 PM		<b>*SENIOR SWIM*</b> Arthritis Exercise 1:30-2:00pm		<b>*SENIOR SWIM*</b> Arthritis Exercise 1:30-2:00pm		<b>*SENIOR SWIM*</b> Arthritis Exercise 1:30-2:00 pm		1:30 PM	
2:30 PM	Lap/Open Swim 1:00 – 4:45 pm	Volleyball 2:00-3:00pm		Volleyball 2:00-3:00pm		Volleyball 2:00-3:00pm		2:00 PM	
3:00 PM		Deep Water Exercise 2:00-3:00pm	Lap & Open Swim 2:00-3:15pm	Deep Water Exercise 2:00-3:00pm	Lap & Open Swim 2:00-3:15pm	Deep Water Exercise 2:00-3:00pm	Lap/Open Swim 2:00-5:30pm	2:30 PM	
3:30 PM			Swim Lessons 3:15-5:30pm		Swim Lessons 3:15-5:30pm			3:00 PM	
4:00 PM						Synchro Team 3:00-6:00pm		3:30 PM	
5:15 PM	<b>AVAILABLE FOR RENTALS</b>	Swim Lessons 3:30-6:30pm		Swim Lessons 3:30-6:30pm				4:00 PM	
5:45 PM			Water Exercise/Lessons 5:30-6:30pm		Water Exercise/Lessons 5:30-6:30pm			5:15 PM	
6:00 PM									
6:30 PM		Adult Lessons-I / Dolphin Club 6:30-7:30pm		Synchro Team 6:30-8:00pm	Adult Lessons-II /Dolphin Club 6:30-7:30pm	Synchro Team 6:30-8:00pm		<b>AVAILABLE FOR RENTALS</b>	5:30 PM
7:30 PM					Lap and Open Swim 7:30-8:45pm		Open & Lap Swim 6:00-8:45pm		6:00 PM
8:00 PM		Lap & Open Swim 7:30-8:45pm		Masters Synchro & Lap Swim 8:00-8:45pm		Masters Synchro & Lap Swim 8:00-8:45pm			6:30 PM
8:45 PM									7:30 PM
									8:00 PM
									8:45 PM



## Aquatics Fitness Programs

The **Olympia Downtown YMCA** strives to provide a wide range of activities to promote overall health, fitness and wellness. Our Aquatic programs provide developmental experiences that help participants build internal strength and positive values that guide their choices and decisions, all while having fun in the water! All participants gain a tremendous sense of self worth when they learn to swim and improve aquatic skills. Water is a relaxing environment for effective exercise, physical therapy, skill development, stress release, and family fun. Come join us.

**Water Walking** is a no-impact workout to strengthen your body, and is also a good progressive cross-training method from walking on land. When done briskly, water walking is more strenuous than it looks and can provide an excellent aerobic workout, burning 300 to 500 calories per hour.

**Shallow Water Exercise** is a class that introduces participants to all techniques of movement that are taught in shallow water. Noodles and hand buoys are sometimes used during class. Expect to be challenged!

**Intermediate Water Exercise** is geared for those who are interested in improving muscular strength and endurance with exercises for flexibility and range of motion. This class is done in both shallow and deep-water environments.

**Deep Water Exercise** is a mid-energy, low-impact workout that is motivating and very enthusiastic. Basic swimming skills are strongly recommended yet open to all levels of fitness. All participants are encouraged to utilize floatation equipment such as noodles or floatation belts to keep their focus on isolation exercises.

**Swim Lessons Taught By Masters** are classes led and overseen by our Masters Swim Team coach and participants, who have offered to share their skills and knowledge of swimming with others. They provide a great opportunity to learn basic swimming skills and refine strokes. Designed for adults and teens of any level.

**Masters Swim Team** is open to adult and teen swimmers at any level. Whether you are a beginning lap swimmer or a competitive athlete, our training will focus on the improvement of your stroke development and techniques.

**Arthritis Foundation Water Exercise** is a 30-minute joint-related exercise program that is endorsed by the national YMCA and the National Arthritis Foundation. This program develops range of motion and an increase in mobility, flexibility and strength. Participants benefit from physical activity plus gain support and camaraderie from each other.

**Senior Beach Ball Water Volleyball** will give you a great exercise and a fun time all at once. Play is recreational and can be a great way to burn off some calories. It's also a great social interaction opportunity.

## South Sound YMCA: Olympia Downtown Branch General Pool Rules and Procedures

**One short whistle blast**, give your attention to the lifeguard.

**Three short whistle blasts**, exit the water immediately.

**Persons with communicable diseases or anyone who has been ill within in the last two weeks (fever, vomiting, diarrhea, open sores, mucous drainage) and persons under the influence of drugs or alcohol are prohibited from using the pool.** [WAC 246-260-ii-iii].

All swimmers must wear proper swim attire. (i.e. regulation swimsuit, spandex attire or a leotard). Anyone not toilet trained must wear suits and swim diapers with elastic legs and waistbands to prevent contamination. Changing tables are provided in the locker rooms. [WAC 246-260- vi-vii]

**All swimmers must take a cleansing shower before entering the pool.**  
[WAC 246-260-v]

Hair that is shoulder length or longer must be tied back or in a cap.

No street shoes on deck (with the exception of patrons with a disability/handicap).

**Food, drink, gum and glass containers are not allowed in the pool area.**  
**Plastic WATER bottles are permitted.** [WAC 246-260-iv]

**Walk in the pool area; no running or horseplay.** [WAC 246-260-i]

Remove all Band-Aids and loose jewelry before entering the pool area.

Treat everyone in the pool area with respect, just as you would want to be treated.

**Diving is permitted ONLY off the deep end wall of the pool.**  
**(No diving from the side walls in the deep end.)**

When jumping in go feet first (no twists, back dives or flips).

**Children under 13 must pass a swim test before entering the deep end and must have a responsible adult in the building. Non-swimmers must be within arms reach of a responsible adult at all times. Only coast guard approved floatation devises are allowed. Other outside toys are allowed at the lifeguard's discretion.**

One person on the ladder and stairs at a time.

**The lifeguard has final authority to enforce the facility rules. Persons refusing to comply with the above regulations are subject to removal from the premises.**  
[WAC 246-260-viii]

The first aid kit and emergency phone is located in the labeled cabinet on pool deck.  
[WAC 246-260-ix]

**We advise all pool patrons to swim with a buddy at all times, especially those with seizure, heart, or circulatory problems.** [WAC 246-260-x]

Please use downstairs locker rooms when using the pool. Water tracked on the stairs is a safety hazard.

**Thank you for your co-operation, enjoy your swim!**