



DARTMOUTH YMCA POOL SCHEDULE

EFFECTIVE: June 24th – July 21st

Updated 5.30.19

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM 2 lanes available	7:00-9:00 AM 4:00-7:00 PM	7:00-9:00 AM 5:00-7:00 PM	7:00-9:00 AM 4:00-7:00 PM	7:00-9:00 AM 5:00-7:00 PM	7:00-9:00 AM 4:00-7:00 PM	8:00 AM- 3:45 PM	8:00 AM- 3:45 PM
FAMILY SWIM	4:00- 7:00 PM	5:00- 7:00 PM	4:00- 7:00 PM	5:00- 7:00 PM	4:00- 7:00 PM	9:00 AM - 3:45 PM	9:00 AM - 3:45 PM
ADULT LEISURE SWIM	7:00—9:00 AM	7:00—9:00 AM	7:00—9:00 AM	7:00—9:00 AM	7:00—9:00 AM	8:00 -9:00 AM	8:00 -9:00 AM
AQUA AEROBICS	8:00- 8:45 am H2O POWER	8:00- 8:45 am H2O PUMP	8:00- 8:45 am H2O DEEP	8:00- 8:45 am H2O POWER	8:00- 8:45 am H2O COMBO	Facility Hours Monday-Friday 6:00 AM-8:00 PM Saturday/Sunday 8:00 am – 4:00 pm	Child Watch Hours Monday-Friday 8:00-11:00 am
CAMP	9:00 AM- 3:00 PM	9:00 AM- 3:00 PM	9:00 AM- 3:00 PM	9:00 AM- 3:00 PM	9:00 AM- 2:00 PM		

H2O Power—a shallow end class designed for those who wish to obtain a full cardiovascular workout, while using the natural resistance of the water to help increase strength, power, endurance , and range of motion.

H2O Pump— a fun class providing a low-impact alternative to traditional land aerobics with all the intensity! Aerobic activity combined with strength building exercises are incorporated into each class for a total body workout.

H2O Deep— Take the plunge for a workout that is no impact. You will use an aqua jogger belt and perform a series of deep water exercises and deep water running techniques to get the maximum benefit from water’s natural resistance. No swimming experience is necessary. (This class will be adapted for participants to work in either deep or shallow water.)

H2O Combo—A combination of shallow water resistance exercises and deep water running. The class includes a variety of movements to incorporate all muscles to improve balance, coordination, and flexibility.

FAMILY SWIM POLICIES

- **AN ADULT 18 YEARS OR OLDER MUST ACCOMPANY A CHILD 7 YEARS OR YOUNGER IN THE POOL WITHIN ARMS REACH OF CHILD.**
- **CHILDREN 8-14 YEARS OLD MUST PASS THE SWIM TEST TO BE ALLOWED IN THE DEEP END OF THE POOL. PARENT MUST REMAIN IN THE POOL AREA.**
- **ONLY TWO CHILDREN UNDER THE AGE OF 6 ARE ALLOWED PER ONE ADULT, FOUR CHILDREN MAXIMUM PER ADULT.**
- **WE HAVE FLOATATION DEVICES AVAILABLE; WE DO NOT ALLOW WATER WINGS/BLOW UP ARM FLOATS. PLEASE SEE LIFEGUARD FOR A FLOATATION DEVICE.**
- **ONLY NOODLES ARE TO BE USED DURING OPEN SWIM. NO INSTRUCTIONAL DEVICES. NO OUTSIDE TOYS ARE ALLOWED. PLEASE SEE A LIFEGUARD FOR NOODLES.**