

# QUINCY FAMILY YMCA POOL SCHEDULE

## Casey Grave, Aquatic Coordinator

**Main Pool Schedule**

Schedule Begins Sept. 4, 2018 and is subject to change.

**Hours:**

Mon.-Fri. 4:45am-9pm  
Saturday: 7am-5pm  
Sunday: 10am-5pm

Pool is kept at 86 degrees

Multiple activities are often scheduled in this pool at the same time

Lane space is limited at times

**Lap Swim Tips:**

Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pool buoys, etc. before entering the pool.

**Pool Closings:**

**Age Guidelines:**

Children under the age of 9 MUST be accompanied by an adult. All youth under the age of 18 must pass a swim test to swim in the deep end of the pool.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	4:45 - 5:30 am Lap Swim (1 lane reserved for water walking)						
	5:30-6:45 Lap Swim (1 lane reserved for Water Walking) & Swim Team Practice						
	6:45-7:30am Lap Swim (1 lane reserved for water walking)						
	7:30 - 8:30 am Deep End Laps/Aqua Aerobics		7:30 - 8:30 am Deep End Laps/Aqua Aerobics		7:30 - 8:30 am Deep End Laps/Aqua Aerobics	7:00 - 9:00am Lap Swim, Swim Team Practice, & H2O Bootcamp	
	8:30 - 9:30 am Deep End Laps HydroTone	8:30 - 9:30 am Dick's Dolphins	8:30 - 9:30 am Deep End Laps HydroTone	8:30 - 9:30 am Dick's Dolphins	8:30 - 9:30 am Deep End Laps Volleyball		9-10am Full Length Laps/ Private Lessons
	9:30 - 10:30 am Deep End Laps/ Paddleboard Core w/ Kylie	9:30 - 10:30 am Aqua Jog	9:30 - 12pm Full Length Laps, Open Water Exercise & Open Swim	9:30 - 10:30 am Aqua Jog	9:30a-10:15a Paddleboard boot camp w. Beth		
	10:30 - 12:00pm Full Length Laps & Open Swim	10:30 - 12:00pm Full Length Laps & Open Swim		10:30 - 12:00pm Full Length Laps & Open Swim	9:30 - 12pm Full Length Laps, Open Water Exercise, Open Swim		10-12pm Swim Lessons
	12:00 - 1:00 pm Lap Swim (1 lane reserved for water walking)						
	1:00 - 1:30 pm Full Length Laps & Open Swim						
	1:30 - 2:30 pm Deep End Laps & Aqua: Top Shelf	1-4 pm Full Length Laps & Open Swim	1:30 - 2:30 pm Deep End Laps & Aqua Active	1-4pm Full Length Laps & Open Swim	1:30 - 2:30 pm Deep End Laps & Aqua Active	1-5pm Open Swim & Full Length Laps	1 - 5 pm Open Swim & Full Length Laps
	2:30 - 4:00 pm Full Length Laps & Open Swim		2:30 - 4:00 pm Full Length Laps & Open Swim		2:30 - 4:00 pm Full Length Laps & Open Swim		
	4:00 - 6:00 pm Swim Team Practice (Private Swim Lessons)				4:00-5:00pm After School	Off-Site Class Illinois Veteran's Home Arthritis Class 9:30 - 10:30 am Mon. & Wed.	
	6:00 - 7:00 pm Aqua Jog & Water Babies	6:00 - 7:30 pm Youth Swim Lessons	6:00 - 7:00 pm Aqua Jog & H2O BootCamp	6:00 - 7:30 pm Youth Swim Lessons	5:00-9:00 pm Full Length Laps & Open Swim		
	7:00 - 9:00 pm Full Length Laps & Open Swim	7:30 - 9:00 pm Full Length Laps & Open Swim	7:00 - 9:00 pm Full Length Laps & Open Swim	7:00-7:45p PB Core 7:30 - 9:00p Full Length Laps, Open Swim			
	Closed	Closed	Closed	Closed	Closed		
	<p><b>SWIM TEAM</b> - Swim Team will use up to 5 lanes of the pool in the afternoon and 3 lanes in the mornings 3 times a week. The 6th lane will be left open for Private Swim Lessons and Adult Lap Swim. If you are interested in lap swimming, ask coaches where you can join in.</p> <p><b>Open Swim &amp; Full Length Laps</b> - One or two lap lanes open for lap swim, rest of pool open for water walking, family and open swim.</p> <p><b>Youth Swim Lessons</b> - Please note, there is <u>no open swim during swim lessons</u>.</p> <p><b>Deep End Laps</b> - Swimming in deep end only (during shallow water classes)</p>						

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## **Class Descriptions** (for a full listing of all class descriptions please visit our website [www.quincymca.net](http://www.quincymca.net))

**Aquatic Classes:** Often times our joints won't allow us to do the higher impact classes held in an aerobics room. That is why here at the Quincy Family YMCA we offer both land and water classes to allow for a more gentle workout. Please check the aquatics schedule located online or the YMCA, for times.

**(Monday) Aqua: Top Shelf** - Designed for seniors, but will challenge any age and fitness level! This workshop starts with a long dynamic warm up, focuses on strengthening the posterior chain for better posture and balance, challenges the core, improves strength and proprioception and ends with a long stretch.

\*level - beginner to intermediate - shallow end class - use of noodle

**Aqua Aerobics** - A high intensity, low impact workout that allows you to stay cool while you improve your strength, muscle tone, flexibility and cardiovascular system. You can work at your own pace to get a total body workout

**Aqua Jog** - Conducted in the deeper part of the pool, Aqua Jog has all the cardiovascular exercise and stretching you need with no impact to your joints. Aqua jog incorporates exercises that also strengthen your abdominals and a flotation belt is worn that is made especially for this class. Participants must be comfortable in the deep water as the entirety of the class is held in the deep end. Both morning and evening classes are available.

**Arthritis** - This class is dedicated to people with arthritis (however, anyone is welcome) and is held at the Illinois Veteran's Home where the pool is kept at a warmer temperature to help increase blood circulation which aides in the reduction of inflammation. A YMCA instructor leads the class in specially designed activities that help improve joint mobility, flexibility, and balance. This class is held in a safe, ideal environment for relieving arthritis pain/stiffness. Classes are on Mondays and Wednesday's. This class is limited to 35 participants. This class is held at the Illinois Veteran's Home on North 24th Street. Please contact Casey Grave for more information at (217) 222-9622

**Dick's Dolphins** - This class allows you to become more comfortable in the water at any age. By taking Dick's Dolphins, you can improve your current strokes, make new friends and learn new skills. Prior swimming skills are required for this class and you progress at your own rate.

**Hydrotone** - This water exercise class will tone your muscles, increase your cardiovascular strength and improve your attitude towards exercise. Taking place in the shallow end, these low impact exercises allow you to increase your flexibility and improve your cardiovascular fitness without the stress on your joints.

**(Wednesday and Friday) Aqua Active** - Designed to increase your heart rate and develop strength endurance. This class will vary with little to no equipment. Pushing you to challenge yourself with the resistance of the water and your own body weight allowing you to move organically.

\*level - beginner to intermediate - shallow end class - use of noodle/buoys to no equipment

**Paddleboard Boot Camp with Beth**- This class is a specialty that is taught on stand up paddleboards with an overall focus on balance, strength, and stability. Beth's class main focus will be a high intensity, full body workout focusing on strength, balance and stability.

**Paddleboard Core Balance with Kylie**- This class is a specialty class that is taught on stand up paddleboards with an overall focus on balance, strength, and stability. Kylie's class main focus is core balance, low intensity with an emphasize on strength, yoga/ stretching, balance, and stability.