



Genesee County YMCA Pool Schedule

September 9-September 14

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim 5:30am-7:50am	Lap Swim 5:30am-7:50am	Lap Swim 5:30am-7:50am	Lap Swim 5:30am-7:50am	Lap Swim 5:30am-7:50am	Lap Swim 7:10am-8:50am
Lap Swim 8:00am-8:50am	Lap Swim 8:00am-8:50am	Lap Swim 8:00am-8:50am	Lap Swim 8:00am-8:50am	Lap Swim 8:00am-8:50am	
Little Shrimps 9:00am-10:00am	Lap Swim 9:00am-10:00am	Closed 9:00am-10:00am	Lap Swim 9:00am-10:00am	Little Shrimps 9:00am-10:00am	
Lap Swim 9:00am-10:00am	Adult Swim 10:15am-11:50am	Adult Swim 10:15am-11:00am	Senior Swim 9:00am-10:00am	Lap Swim 9:00am-10:00am	Swim Lessons 9:00am-11:45am
Adult Swim 10:15am-11:00am		Water X 11:00am-12:00pm	Adult Swim 10:15am-11:50am	Adult Swim 10:15am-11:00am	
Water X 11:00am-12:00pm	Lap Swim 12:00pm-12:50pm	Lap Swim 12:10pm-12:50pm	Lap Swim 12:00pm-1:00pm	Water X 11:00am-12:00pm	Family Swim 12:00pm-12:50pm
Lap Swim 12:10pm-12:50pm	Senior Swim 1:00pm-2:00pm	Shallow X 12:45pm-1:45pm	Water Yoga 12:00pm-1:00pm	Lap Swim 12:10pm-12:50pm	Family Swim 1:00pm-1:50pm
Shallow X 12:45pm-1:45pm			Senior Swim 1:00pm-2:00pm	Shallow X 12:45pm-1:45pm	
Closed 1:45pm-3:00pm	Closed 2:00pm-3:00pm	Closed 1:45pm-3:00pm	Closed 2:00pm-3:00pm	Closed 1:45pm-3:15pm	
Adult Swim 3:00pm-4:00pm	Lap Swim 3:00pm-5:15pm	Lap Swim 3:00pm-4:30pm	Lap Swim 3:00pm-5:15pm	Adult Swim 3:15pm-5:50pm	
Lap Swim 4:10pm-5:50pm	BASP 3:30pm-4:00pm	Adult Swim 4:30pm-5:15pm	BASP 3:30pm-4:00pm		
Family Swim 6:00pm-6:50pm	Swim Lessons 5:30pm-7:00pm	Swim Lessons 5:30pm-7:00pm	Water X 6:00pm-7:00pm	Family Swim 6:00pm-6:50pm	
Family Swim 7:00pm-7:50pm	Water X 7:05pm-8:05pm	Lap Swim 7:05pm-8:00pm	Adult Swim 7:10pm-8:00pm	Family Swim 7:00pm-7:50pm	

Pool Schedule is subject to change without notice.

Pool use is prohibited at any other time.



Genesee County YMCA Pool Schedule

September 15-November 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lap Swim 5:30am-7:50am	Lap Swim 5:30am-7:50am	Lap Swim 5:30am-7:50am	Lap Swim 5:30am-7:50am	Lap Swim 5:30am-7:50am	Lap Swim 7:10am-8:50am
	Lap Swim 8:00am-8:50am	Lap Swim 8:00am-8:50am	Lap Swim 8:00am-8:50am	Lap Swim 8:00am-8:50am	Lap Swim 8:00am-8:50am	
	Little Shrimps 9:00am-10:00am	Lap Swim 9:00am-10:00am	Closed 9:00am-10:00am	Lap/Senior Swim	Little Shrimps 9:00am-10:00am	
	Lap Swim 9:00am-10:00am	Adult Swim 10:15am-11:50am	Adult Swim 10:15am-11:00am	Swim Lessons 8:45am-10:00am	Lap Swim 9:00am-10:00am	Swim Lessons 9:00am-11:45am
Lap Swim 9:00am-11:00am	Adult Swim 10:15am-11:00am		Water X 11:00am-12:00pm	Adult Swim 10:15am-11:50am	Adult Swim 10:15am-11:00am	
	Water X 11:00am-12:00pm	Lap Swim 12:00pm-12:50pm	Lap Swim 12:10pm-12:50pm	Lap Swim 12:00pm-1:00pm	Water X 11:00am-12:00pm	Family Swim 12:00pm-12:50pm
Family Swim 11:15am-12:00pm	Lap Swim 12:10pm-12:50pm	Senior Swim 1:00pm-2:00pm	Shallow X 12:45pm-1:45pm	Water Yoga 12:00pm-1:00pm	Lap Swim 12:10pm-12:50pm	Family Swim 1:00pm-1:50pm
Family Swim 12:10pm-1:00pm	Shallow X 12:45pm-1:45pm	Closed 2:00pm-3:00pm		Senior Swim 1:00pm-2:00pm	Shallow X 12:45pm-1:45pm	
	Closed 1:45pm-3:00pm	Lap Swim 3:00pm-4:00pm	Closed 1:45pm-3:00pm	Lap Swim 3:00pm-4:00pm	Closed 1:45pm-3:00pm	
	Adult Swim 3:00pm-4:00pm	BASP 3:30pm-4:00pm	Lap Swim 3:00pm-4:00pm	BASP 3:30pm-4:00pm	Adult Swim 3:00pm-4:00pm	
	Swim Team 4:00pm-5:50pm	Swim Team 4:00pm-5:30pm	Swim Team 4:00pm-5:30pm	Swim Team 4:00pm-5:50pm	Swim Team 4:00pm-5:50pm	
	Family Swim 6:00pm-6:50pm	Swim Lessons 5:30pm-7:00pm	Swim Lessons 5:30pm-7:00pm	Water X 6:00pm-7:00pm	Family Swim 6:00pm-6:50pm	
	Family Swim 7:00pm-7:50pm	Water X 7:05pm-8:05pm	Lap Swim 7:05pm-8:00pm	Adult Swim 7:10pm-8:00pm	Family Swim 7:00pm-7:50pm	

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Genesee County YMCA Water Exercise

SENIOR SWIM

Senior Swim is an open swim time for adults to use the pool for low impact exercise. Individuals are welcome to follow each other through a full body exercise outline and lots of stretching. Kickboards and dumbbells are available for use.

SHALLOW WATER X

This class is a full body workout focusing on strengthening your muscles. The workout is entirely in the shallow end of the pool using kickboard, barbells, and noodles. Join us and find out how the resistance of the water can improve your life!

WATER X

This high intensity class is for those looking for a cardio and strength workout using water dumbbells, kickboards, and noodles. About half of the class time usually takes place in the shallow end while the second half of class time participants are allowed to exercise in the deep end.

WATER YOGA

It will be an easy to moderate class using yoga asana and pranayama while in the water lessening joint stress. Suitable for beginners to regular yoga students. Emphasis will be on connecting breathing with movement. There will also be short meditations included.

Genesee County YMCA Pool Policies

- * Adult Swim is for members 18 years old and up.
- * Lap swimming is open for members 12 and older who have successfully passed a deep end test.
- * There are scheduled 10 minute breaks for lifeguards during open pool hours.
- * Members and Guests must use the pool in accordance with staff/lifeguard instruction and pool rules.
- * Members and Guests are to wear swim attire or non-cotton exercise clothing in the pool.
- * Children under the age of **nine (9)** must be accompanied at all times by a parent or adult over 18 years of age regardless of swim ability. The adult must remain in the pool area while their child is swimming.
- * Children under the age of **six (6)**, regardless of swim ability, must be accompanied by an adult over the age of 18 in the water with them.
- * Child(ren) not potty-trained must wear a swim diaper while in the pool.
- * Members and guests wishing to use the deep end must successfully complete a deep end test to be given by the lifeguard on duty. Members and guests who have already completed the test must wear an identifying wristband available at the front desk.

Family Swim Policies

- * Please ask a lifeguard before entering the equipment closet.
- * Inflatable floatation devices are not permitted.
- * Families may bring in their own individual flotation devices (IFD) bubbles or puddle jumpers. YMCA swim lesson bubbles are not to be borrowed.**
- * Kickboards, flippers and snorkels are only to be used in the lap lane.
- * Goggles and noodles will not be available to borrow during Family Swim.
- * When jumping in- jump from the white gutter, no flips or twists; face the pool. In the shallow end all jumps must be feet first.
- * Lifeguards will take a 10 minute break during Family Swim as posted on the pool schedule.

Bubbles are **not considered a lifesaving device. Therefore we do not allow anyone to use the YMCA swim lesson bubbles, however if you wish to bring in your own, you may use them.

Pool Schedule is subject to change without notice.

Swimming is prohibited at any other time.