



NEW SWIM LESSON
PROGRAM RELEASE!
January 2018

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

James Family Prescott YMCA

November 2017 Begins Nov 5th

CLOSED
Thanksgiving Day
Thursday Nov 23

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--------------------------------------|---|---|--|--|--|--|
| LAP SWIM | 9:00a-11:50a (6) 11:50a-5:45p (3) | 5:00a-7:55a (6) 7:55a-9:15a (1) 9:15a-12:50p (4) 12:50p-2:05p (2) 2:05p-8:45p (3) | 5:00a-9:15a (6) 9:15a-1:20p (4) 1:20p-5:00p (3) 7:00p-8:45p (3) | 5:00a-7:55a (6) 7:55a-9:15a (1) 9:15a-1:25p (4) 1:25p-8:45p (3) | 5:00a-9:15a (6) 9:15a-1:20p (4) 1:20p-5:00p (3) 7:00p-8:45p (3) | 5:00a-7:55a (6) 7:55a-9:15a (1) 9:15a-1:25p (4) 1:25p-8:45p (3) | 6:00a-11:50a (5) 11:50a-7:45p (3) |
| OPEN REC: Slide On, Diving Board Open | 12:00p-5:45p (3) | 2:05-5:00p (3) 7:00p-8:45p (3) | 1:30p-5:00p (3) 7:00p-8:45p (3) | 1:30p-5:00p (3) 7:00p-8:45p (3) | 1:30p-5:00p (3) 7:00p-8:45p (3) | 1:30p-5:00p (3) 7:00p-8:45p (3) | 12:00p-7:45p (3) |
| YMCA CAMPS | | | 2:15p-3:45p Preschool | 3:30p-5:00p Afterschool | 2:15p-3:45p Preschool | 1:30-3:30p Afterschool | |
| WATER AERBOICS | | 8:10a-9:00a (5) 12:10p-1:00p (3) | 8:00a-9:00a (Deep) | 8:10a-9:00a (5) 12:10p-1:00p (3) | 8:00a-9:00a (Deep) | 8:10a-9:00a (5) 12:10p-1:00p (3) | |
| WARM WATER EXERCISE (Warm Pool) | | 7:00a-7:50a 8:00a-8:50a 9:00a-9:50a 10:00a-10:50a 5:10p-6:00p | 7:00a-7:50a 8:00a-8:50a 9:00a-9:50a 10:00-10:50a 11:00-11:50a | 7:00a-7:50a 8:00a-8:50a 9:00a-9:50a 10:00-10:50a 5:10p-6:00p | 8:00a-8:50a 9:00a-9:50a 10:00-10:50a 11:00-11:50a | 7:00a-7:50a 8:00a-8:50a 9:00a-9:50a 10:00-10:50a 5:10p-6:00p | |
| OPEN EXERCISE (D)=Dive Well (#)= # lanes in Lap Pool | 9:00a-11:55a (D) | 5:00a-1:25p (D) 9:15a-12:00p (2) 5:00p-7:00p (D) | 5:00a-7:55a (D) 9:15a-1:20 (D) 9:15a-1:20p (2) | 5:00a-1:25p (D) 9:15a-12:00p (2) 5:00p-7:00p (D) | 5:00a-7:55a (D) 9:15a-1:20 (D) 9:15a-1:20p (2) | 5:00a-1:25p (D) 9:15a-12:00p (2) 5:00p-7:00p (D) | 6:00a-11:55a (D) 6:00a-11:55a (1) |
| GROUP SWIM LESSONS | | | 5:00p-7:00p | | 5:00p-7:00p | | Parent Child 9a-10a Adult 9:00a-9:45a |
| SNAP | | 1:00p-2:00p (4) | | | | | |
| PARENT CHILD SWIM (WARM POOL) | 9:00a-12:00p | 8:00a-1:30p 5:00p-7:00p | 8:00a-1:30p 5:00p-7:00p | 8:00a-1:30p 5:00p-7:00p | 8:00a-1:30p 5:00p-7:00p | 8:00a-1:30p 5:00p-7:00p | 8:00a-12:00p |
| ADULT SWIM CONDITION.. | | 5:30p-7:00p | | 5:30p-7:00p | | 5:30p-7:00p | |

Descriptions:

Lap Swim: Lanes open for fitness swimming, number of lanes in parenthesis next to times

Open Rec: Diving board open, slide on, open use for public and members

SNAP: Special Needs Activity Program (City of Prescott)

Open Exercise: Independent exercise without instruction in the dive well or lap pool based on times. Parenthesis denotes where it is allowed.

Group Lessons: Structure swim lessons for adults and youth. Registration Required.

Water Aerobics: Deep water and shallow water exercise classes focusing on developing muscular strength and cardiovascular endurance.

Warm Water Exercise: Gentle exercise designed for anyone. Try a class today!

YMCA Camps: Free swim time for our preschools or after school programs.

Adult Swim Conditioning: Fitness swimming with a coach on deck.

PHS Swim Team: Prescott High School Swim Team

Parent Child Swim: Designed for children 8 years of age or younger to swim with a parent in the pool without the slide or board open.

Adult Swim Conditioning: Structured workout with a coach.



Need more info?
Contact Kelly Winkels
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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAFETY FIRST

General Aquatics Guidelines

JAMES FAMILY PRESCOTT YMCA

SWIM TEST REQUIREMENTS:

Jump into the deep end, recover comfortably, tread water 30 seconds, and immediately swim 25 yards front crawl.

Ages 0-5yrs: Must be accompanied by a guardian at all times.

Ages 6-9yrs: May use the aquatics facility with a guardian present on the pool deck.

Ages 10-17yrs: May use the aquatics facility without a guardian present.

Ages 18+: May use the aquatics facility without a guardian and may supervise children ages 9 and under.

Adults with multiple children 0-6 years must stay together in the water within arm's reach of the children. Youth ages 0-5 years found in the water without adult supervision within arm's reach will be reunited with their responsible adult one (1) time per day. If a child is reunited with his/her responsible adult a second (2nd) time in one day, the family will be asked to leave the pool facilities.

Aquatic Staff reserves the right to remove any colored wristband for:

- Observed swimming skills below the swim test standard
- Failing to meet the height requirement

Red Zone:

- Children under 48" and/or cannot pass the swim test.
- Must have an adult in the water within arm's reach.
- Adult must be actively involved in the supervision of the child.

Yellow Zone:

- Children 48" or taller and cannot pass the swim test.
- Must have an adult in the water within arm's reach if 5 or younger.
- Adult must be actively involved in the supervision of the child if child is 6-9.

Green Zone:

- Children who pass the swim test.
- Children 9 and under must still be accompanied by an adult.
- Any child who passes the swim test will have access to all pool zones.

Swim Lesson Skill Assessment Dates:

New program is released January 1st. Bring your child and get assessed on the proper level to register. If currently enrolled in swim lessons talk to your instructor. Ages 3+ may attend these sessions.

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|-------------|---------------|
| Sat Nov 18: | 11:00a-11:30a |
| Sat Dec 2: | 9:00a-9:30a |
| Sat Dec 9: | 9:00a-9:30a |
| Sat Jan 6: | 9:00a-9:30a |
| Sat Jan 27: | 10:30a-11:00a |
| Sat Feb 3: | 10:30a-11:00a |
| Sat Feb 24: | 10:30a-11:00a |
| Sat Mar 3: | 10:30a-11:00a |
| Sat Mar 31: | 10:30a-11:00a |
| Sat Apr 7: | 11:00a-11:30a |