



Prescott YMCA Lap Pool April 1-May 27

six 25-yard lanes, wheelchair ramp entry, diving well with board, approx 83 degrees
(The number in parenthesis refers to the number of lanes available for each activity/program.)

Please note that THIS SCHEDULE IS SUBJECT TO CHANGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			Lap Swim (6) 5:00am-8:10am			Lap Swim (6) Dive Well OPEN 6:00am-8:00am	
	Dive Well OPEN 5:00am-5:30pm	Dive Well OPEN 5:00am-3:30pm	Dive Well OPEN 5:00am-5:30pm	Dive Well OPEN 5:00am-3:30pm	Dive Well OPEN 5:00am-3:30pm		
Lap Swim (5) Scuba (1) Dive Well OPEN 9:00am-12:00pm	Water Fit (5) 8:15am-9:15am	Lap Swim (6) 8:30am-9:30am	Water Fit (5) 8:15am-9:15am	Lap Swim (6) 8:30am-9:30am	Water Fit (5) 8:15am-9:00am		
	Lap Swim (1) 8:10am-9:15am		Lap Swim (1) 8:10am-9:15am		Lap Swim (1) 8:10am-9:15am	Lap Swim (1) 8:10am-9:15am	Adult Lessons 9:00am-9:45am
	Lap Swim (3) Open Exercise (3) 9:15am-12:00pm	Deep Water 9:30am-10:20am	Lap Swim (3) Open Exercise (3) 9:15am-12:00pm	Deep Water 9:30am-10:20am	Lap Swim (3) Open Exercise (3) 9:15am-12:00pm	Lap Swim (5) Scuba (1) Dive Well OPEN 8:00am-12:00pm	
	Water Fit (4) 12:10pm-1:00pm	Lap Swim (3) Open Exercise (3) 9:15am-1:30pm	Water Fit (4) 12:10pm-1:00pm	Lap Swim (3) Open Exercise (3) 9:15am-1:30pm	Water Fit (4) 12:10pm-1:00pm		
Open Rec (4) Dive Well OPEN Lap Swim (2) 12:00pm-5:45pm	Lap Swim (2) 12:00pm-1:30pm		Lap Swim (2) 12:00pm-1:30pm		Lap Swim (2) 12:00pm-1:30pm		
		PUSD Swim Lessons (3) 12:30pm-1:30pm		PUSD Swim Lessons (3) 1:00pm-2:00pm			
	SNAP 1:05-2:00 (4) Open Rec (3) 2:00-5:00 Lap Swim (3) 2:00pm-4:00pm YMCA Swim Team 4:00-5:30 (4)		Open Rec (3) Lap Swim (3) 1:30pm-5:00pm	Open Rec (3) 1:30pm-5:00pm Lap Swim (3) 1:30pm-4:00pm YMCA Swim Team (4) 4:00-5:30pm YMCA Day Camp 3:30-5:00	Open Rec (3) Lap Swim (3) 2:00pm-5:00pm	Open Rec (3) 1:30pm-5:00pm Lap Swim (3) 1:30pm-4:00pm YMCA Swim Team (4) 4:00-5:30pm YMCA Day Camp 3:30-5:00	
			Adult Swim Cond (4) Lap Swim (2) 5:30pm-7:00pm	Adult Swim Cond (4) Lap Swim (2) 5:30pm-7:00pm	Swim Lessons (3) Pre-Team (3) Dive Well CLOSED 5:00pm-7:00pm NO LAP SWIM	Adult Swim Cond (4) Lap Swim (2) 5:30pm-7:00pm	
			Deep Water 5:30pm-6:20pm	Deep Water 5:30pm-6:20pm		Deep Water 5:30pm-6:20pm	
			Open Rec (3) Dive Well OPEN Lap Swim (3) 7:00pm-8:45pm	Open Rec (3) Dive Well OPEN Lap Swim (3) 7:00pm-8:45pm	Scuba (1) Lap Swim (2) Dive Well OPEN 7:00pm-8:45pm	Open Rec (3) Dive Well OPEN Lap Swim (3) 7:00pm-8:45pm	
							Open Rec (4) Dive Well OPEN Lap Swim (2) 12:00pm-7:45pm
Aquatic Rentals: Weekends 12:00-2:00pm & 3:00-5:00pm. Also offered after hours. Reservations Required - See Aquatics Director for details/reservations.							

*** Due to multiple users and programs, the pool space is limited. Please review and observe the schedule. ***

- Open Rec** Diving, playing or exercising
 - Lap Swim** One to six lap lanes open for fitness swimming
 - SNAP** Special Needs Activity Program (City of Prescott)
 - Dive Well** Diving well open for diving or exercise. No diving during Arthritis and Water Yoga classes.
 - Open Water Ex** Independent exercise without instruction
 - Pre-Team** Introduction to Swim Team for coed youth ages 6-16. Additional Fee, Registration Required.
 - YMCA After School** Free swim time for our licensed after school program
 - PHS Swim Team** Prescott High School Swim & Dive Team practices in our pool from August-October
 - Swim Lessons** Group swim lessons for kids ages 3+. Registration Required.
 - Adult Lessons** It's never too late to learn to swim! Small, adult group lessons. Additional Fee, Registration Required.
 - Scuba** Learn to scuba dive and see the wonders of the sea.
 - Water Fit** Develops muscular strength and cardiovascular endurance
 - Deep Water** High caliber aerobics in our diving well
 - Swim Conditioning** Swim Team for adults of all abilities. Come learn strokes and work on your endurance
- **An adult must supervise children under 10 years old. If a child cannot touch the bottom of the Activity Pool by the rope, an adult must be in the water within arms distance.**
- **Toddlers under age 3 require the use of an approved plastic covered diaper, securely tightened.**

Please contact the Aquatics Director with any questions/comments. (928)445-7221 x39

updated
4/12/17



Prescott YMCA Activity Pool April 1-May 27

zero depth entry, mushroom fountain, water slide, exercise area accessible by steps, approx 93 degrees

Please note that THIS SCHEDULE IS SUBJECT TO CHANGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Open Exercise 5:00am-9:00am					Open Exercise 6:00am-9:00am
Parent/Child 9:00am-12:00pm	Parent/Child (slide on ONLY when no Arthritis or Water Yoga class in pool) 9:00am-1:30pm					Adult Lessons 9:00am-9:45am
	Arthritis 8:15am-9:15am 9:15am-10:15am 10:15am-11:15am 11:15am-12:00pm	Arthritis 8:30am-9:30am 9:30am-10:30am 10:30am-11:30am	Arthritis 8:15am-9:15am 9:15am-10:15am 10:15am-11:15am 11:15am-12:00pm	Arthritis 8:30am-9:30am 9:30am-10:30am 10:30am-11:30am	Arthritis 8:15am-9:15am 9:15am-10:15am 10:15am-11:15am 11:15am-12:00pm	Parent/Child 9:00am-12:00pm
Open Rec Parent/Child 12:00pm-5:45pm	SNAP 1:05pm-2:00pm Open Rec 1:30pm-5:00pm	PUSD Swim Lessons 12:30-1:30pm	Open Rec 1:30pm-5:00pm YMCA Afterschool 3:30-5:00	PUSD Swim Lessons 1:00-2:00pm	Open Rec 1:30pm-5:00pm YMCA Day Camp 3:30-5:00	Parent/Tot Class Level 1 9:00am-9:30am 9:30am-10:00am Level 2 10:00am-10:30am 10:30am-11:00am
		Open Rec 1:30pm-5:00pm YMCA Preschool 2:15pm-3:30pm		Open Rec 1:30pm-5:00pm YMCA Preschool 2:15pm-3:30pm		Open Rec 1:30pm-5:00pm YMCA Preschool 2:15pm-3:30pm
	Arthritis 5:00pm-6:00pm	Parent/Child 5:00pm-6:30pm Swim Lessons 5:00-6:30pm NO SLIDE	Arthritis 5:00pm-6:00pm	Parent/Child 5:00pm-6:30pm Swim Lessons 5:00-6:30pm NO SLIDE	Arthritis 5:00pm-6:00pm	Open Rec Parent/Child 12:00pm-7:45pm
	Parent/Child 5:00pm-6:30pm	Parent/Child 5:00pm-6:30pm	Parent/Child 5:00pm-6:30pm	Parent/Child 5:00pm-6:30pm	Parent/Child 5:00pm-6:30pm	
	Open Rec Parent/Child 6:30pm-8:45pm	Open Rec Parent/Child 7:00pm-8:45pm	Open Rec Parent/Child 6:30pm-8:45pm	Open Rec Parent/Child 7:00pm-8:45pm	Open Rec Parent/Child 6:30pm-8:45pm	
	Aquatic Rentals: Weekends 12:00-2:00pm & 3:00-5:00pm. Also offered after hours. Reservations Required - See Aquatics Director for details/reservations.					

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- Open Rec** Water fun time for all ages. Water slide is on.
- Parent/Child** Enjoy the water with children under age 8. Parents must be in the water with the kids.
The slide may be on at the discretion of the supervisor and if there are no classes in session.
- SNAP** Special Needs Activity Program (City of Prescott)
- Parent/Tot** 30-minute water class for kids ages 6 months-3 years and their parents. Additional Fee, Registration Required.
- Adult Lessons** It's never too late to learn to swim! Small, adult group lessons. Additional Fee, Registration Required.
- Preschool Swim** Time for our licensed preschool program participants to have fun in the water
- After School** Free swim time for our licensed after school program
- Swim Lessons** Group swim lessons for kids ages 3+. Registration Required.
- Open Exercise** Independent exercise without instruction
- Arthritis** Warm water workout following Arthritis Foundation Guidelines. Registration Required.

**An adult must supervise children under 10 years old. If a child cannot touch the bottom of the Activity Pool by the rope, an adult must be in the water within arms distance.

**Toddlers under age 3 require the use of an approved plastic covered diaper, securely tightened.

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