



# James Family Prescott YMCA Lap Pool Summer 2017 (5/28-8/2)

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-7:50am					Lap Swim (6) Dive Well OPEN 6:00am-8:00am	
	Dive Well OPEN 5:00am-9:00am	Dive Well OPEN 5:00am-7:30am	Dive Well OPEN 5:00am-9:00am	Dive Well OPEN 5:00am-7:30am	Dive Well OPEN 5:00am-9:00am		
Lap Swim (5) Scuba (1) Dive Well OPEN 9:00am-12:00pm	Water Fit (5) 8:00am-8:50am	Deep Water Class 7:30am-8:30am	Water Fit (5) 8:00am-8:50am	Deep Water Class 7:30am-8:30am	Water Fit (5) 8:00am-8:50am	Adult Lessons (1) 9:00am-9:45am	
	Lap Swim (1) 7:50am-9:00am	Lap Swim (6) 7:50 am-9:00am	Lap Swim (1) 7:50am-9:00am	Lap Swim (6) 7:50 am-9:00am	Lap Swim (1) 7:50am-9:00am		
	Swim Lessons (3) Pre-Swim Team (3) 9:00am-10:30pm NO LAP SWIM	Swim Lessons (3) Pre-Swim Team (3) 9:00am-10:30pm NO LAP SWIM	Swim Lessons (3) Pre-Swim Team (3) 9:00am-10:30pm NO LAP SWIM	Swim Lessons (3) Pre-Swim Team (3) 9:00am-10:30pm NO LAP SWIM	Swim Lessons (3) Pre-Swim Team (3) 9:00am-10:30pm NO LAP SWIM	Gymnastics (3) 9:00am-10:30pm Lap Swim (3) 9:00-10:30am Mermaid (Dive Well)	Lap Swim (3) Scuba/Classes (2) Dive Well OPEN 8:00am-12:00pm
	YMCA Summer Day Camp ONLY 10:30-12:00pm (5)						
Open Rec (4) Dive Well OPEN Lap Swim (2) 12:00pm-5:45pm	Lap Swim (1) 10:30-12:00	Lap Swim (1) 10:30-12:00	Lap Swim (3) 10:30am-12:00pm	Lap Swim (1) 10:30-12:00	Lap Swim (1) 10:30-12:00	Open Rec (4) Dive Well OPEN Lap Swim (2) 12:00pm-7:45pm	
	Lap Swim (6) 12:00pm-1:00pm	Lap Swim (6) 12:00pm-1:30pm	Lap Swim (6) 12:00pm-1:30pm	Lap Swim (6) 12:00pm-1:30pm	Lap Swim (6) 12:00pm-1:30pm		
	Lap Swim (3) 1:00pm-2:00pm	Open Rec (4) 1:30-5:00pm Lap Swim (2) 1:30pm-5:00pm	Open Rec (4) 1:30-5:00pm Lap Swim (2) 1:30pm-4:00pm YMCA Swim Team (2) 4:00-5:30pm	Open Rec (4) 1:30-5:00pm Lap Swim (2) 1:30pm-5:00pm	Open Rec (4) 1:30-5:00pm Lap Swim (2) 1:30pm-4:00pm YMCA Swim Team (2) 4:00-5:30pm		
	SNAP (3) 1:05pm-2:00pm						
	Open Rec (4) 2:00-5:00 Lap Swim (2) 2:00pm-4:00pm YMCA Swim Team (2) 4:00-5:30pm						
	Lap Swim (2) Swim Conditioning (4) 5:00-7:00pm	Swim Lessons (3) Pre-Team (3) 5p-7p Dive Well CLOSED	Lap Swim (2) Swim Conditioning (4) 5:00-7:00pm	Swim Lessons (3) Pre-Team (3) 5p-7p Dive Well CLOSED	Lap Swim (2) Swim Conditioning (4) 5:00-7:00pm		
	Deep Water 5:30pm-6:20pm	5:00pm-7:00pm NO LAP SWIM	Deep Water 5:30pm-6:20pm	5:00pm-7:00pm NO LAP SWIM	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	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	Open Rec (3) Dive Well OPEN Lap Swim (3) 7:00pm-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.

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

**ALL patrons under the age of 18 will be required to take a swim test.**

- 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.
  - Pre-Team** Introduction to Swim Team for coed youth ages 6-16. Additional Fee, Registration Required.
  - Swim Conditioning** Train for your sport, water or land; coached workouts, work on technique. Additional Fee, Registration Required.
  - YMCA After School** Free swim time for our licensed after school program
  - Prescott Swim Team** Prescott Swim Team using the facility August through November
  - Swim Lessons** Group swim lessons for kids ages 3+. \$30 for Members, \$55 for Non-Members. 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
  - Open Exercise** Lanes may be used for water aerobics, aqua jogging, or lap swimming depending on need
  - Synchro** Learn synchro skills and get a great exercise at the same time. Registration Required. Additional fee
- \*\*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.



# James Family Prescott YMCA Activity Pool Summer (5/31-8/3)

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 Slide OK	Parent/Child (slide on ONLY when no Arthritis or Water Yoga class in pool) 9:00am-10:30am & 12:00pm-1:30 Parent must be in water with child					Adult Lessons 9:00am-9:45am
	Arthritis 7:00am-8:00am 8:00am-9:00am	Arthritis 7:00am-8:00am 8:00am-9:00am	Arthritis 7:00am-8:00am 8:00am-9:00am	Arthritis 7:00am-8:00am 8:00am-9:00am	Arthritis 7:00am-8:00am 8:00am-9:00am	Parent/Child 9:00am-12:00pm NO SLIDE
	Swim Lessons Parent/Child 9:00am-10:30pm				Mermaid Lessons Parent/Child 9:00am-10:30am Slide OK	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 Parent/Child 12:00pm-5:45pm	YMCA Summer Day Camp/ Preschool ONLY 10:30-12:00pm					
	Arthritis 12:10pm-1:00pm		Arthritis 12:10pm-1:00pm		Arthritis 12:10pm-1:00pm	Mermaid Lessons 11:00am-12:00am
	SNAP 1:05pm-2:00pm	Open Rec 1:30pm-5:00pm	Open Rec 1:30pm-5:00pm	Open Rec 1:30pm-5:00pm	Open Rec 1:30pm-5:00pm	Open Rec Parent/Child 12:00pm-7:45pm
	Open Rec 2:00pm-5:00pm					
	Arthritis 5:00pm-6:00pm	Parent/Child 5:00pm-7:00pm Swim Lessons 5:00-7:00pm	Arthritis 5:00pm-6:00pm	Parent/Child 5:00pm-7:00pm Swim Lessons 5:00-7:00pm	Arthritis 5:00pm-6:00pm	
	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.

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

**ALL Patrons under the age of 18 will be swim tested.**

**Open Rec Parent/Child**

Water fun time for all ages. Water slide is on.  
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+. \$30 for Members, \$55 for Non-Members. Registration Required.

**Open Exercise**

Independent exercise without instruction

**Arthritis**

Warm water workout following Arthritis Foundation Guidelines. Registration Required.

**Water Yoga**

Gentle exercises taught in a relaxing environment. Registration Required.

**School Lessons**

PUSD schools use our facility to learn to swim

\*\*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.