



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# COOL OFF WITH US THIS SUMMER!



## LAP POOL & DIVE WELL SCHEDULE James Family Prescott YMCA Summer 2019 May 28–August 3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAP SWIM	9:00a–11:50a (5) 11:50a–5:45p (3)	5:00a–7:50a (5) 7:50a–12:00p (1) 12:00p–1:00p (5) 1:05p–2:05p (2) 2:05p–5:00p (3) 5:00p–7:00p (5) 7:00p–8:45p (3)	5:00a–8:50a (5) 8:50–12:00p (1) 12:00p–1:25p (5) 1:25p–5:00p (3) 7:00p–8:45p (3)	5:00a–7:50a (5) 7:50a–12:00p (1) 12:00p–1:25p (5) 1:25p–5:00p (3) 5:00p–7:00p (5) 7:00p–8:45p (3)	5:00a–8:50a (5) 8:50a–12:00p (1) 12:00p–1:25p (5) 1:25p–5:00p (3) 7:00p–8:45p (3)	5:00a–7:50a (5) 7:50a–12:00p (1) 12:00p–1:25p (5) 1:25p–5:00p (3) 5:00p–7:00p (5) 7:00p–8:45p (3)	6:00a–8:50a (5) 8:50a–11:50a (4) 11:50a–7:45p (3)
OPEN REC	12:00p–5:45p	2:05p–5:00p 7:00p–8:45p	1:30p–5:00p 7:00p–8:45p	1:30p–5:00p 7:00p–8:45p	1:30p–5:00p 7:00p–8:45p	1:30p–5:00p 7:00p–8:45p	12:00p–7:45p
YMCA CAMPS (no outside swimmers)		10:30a–12:00p	9:00a–10:00a 10:30a–12:00p	10:30a–12:00p	9:00a–10:00a 10:30a–12:00p	Gymnastics Team: 9:00–10:30 (3) 10:30a–12:00p	
DEEP WATER AERBOICS		12:00p–12:50p	7:50a–8:50a	12:00p–12:50p	7:50a–8:50a	12:00–12:50p	
SHALLOW WATER AERBOICS		8:00a–8:50a (5)		8:00a–8:50a (5)		8:00a–8:50a (5)	
OPEN EXERCISE (Dive Well)	9:00a–11:55a	5:00a–8:50a 12:00p–1:25p	5:00a–7:50a 12:00p–1:25p	5:00a–8:50a 5:00p–5:25p	5:00a–7:50a 12:00p–1:25p	5:00a–8:50a	6:00a–11:55a
OPEN EXERCISE (lanes)	9:00a–11:55a (1)	5:00a–7:50a(1) 12:00p–1:25p (1)	5:00a–8:50a(1) 12:00p–1:25p (1)	5:00a–7:50a(1) 12:00p–1:25p (1)	5:00a–8:50a(1) 12:00p–1:25p (1)	5:00a–7:50a(1) 12:00p–1:25p (1)	
GROUP SWIM LESSONS		Youth Lessons: 9:00a–10:30a	Youth Lessons: 9:00a–10:30a 5:00p–7:00p	Youth Lessons: 9:00a–10:30a	Youth Lessons: 9:00a–10:30a 5:00p–7:00p		Swim Starters: 9:00a–11:00a Adult: 9:00a–9:45a
SNAP		1:00p–2:00p (3)					

Slide is on and diving board is open during open rec swim only. Mermaid Tails are not allowed in the pool unless they are used during a YMCA Swim Program. All members will be asked to remove the tails during summer pool hours. There are no outside families/ swimmers allowed during camp swim times Mon–Fri 10:30am–11:45am.



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## ACTIVITY POOL SCHEDULE

### James Family Prescott YMCA

### Summer 2019 May 28-August 3



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>OPEN REC</b>	12:00p-5:45p	2:05p-5:00p 7:00p-8:45p	1:30p-5:00p 7:00p-8:45p	1:30p-5:00p 7:00p-8:45p	1:30p-5:00p 7:00p-8:45p	1:30p-5:00p 7:00p-8:45p	12:00p-7:45p
<b>YMCA CAMPS (no outside swimmers)</b>		10:30a-12:00p	9:00a-10:00a 10:30a-12:00p	10:30a-12:00p	9:00a-10:00a 10:30a-12:00p	10:30a-12:00p	
<b>WARM WATER EXERCISE</b>	(P)=Pam (D)=Dorene (J)=Jennifer (C)=Cami	7:00a-7:50a (P) 8:00a-8:50a (P) 12:10-1:00p (J) 5:10-6:00p (C)	8:00a-8:50a (D) 12:10-1:00p (J)	7:00a-7:50a (P) 8:00a-8:50a (P) 12:10-1:00p (J) 5:10-6:00p (C)	8:00a-8:50a (D) 12:10-1:00p (J)	7:00a-7:50a (P) 8:00a-8:50a (P) 12:10-1:00p (J) 5:10-6:00p (C)	
<b>GROUP SWIM LESSONS</b>		<b>Youth Lessons:</b> 9:00a-10:30a	<b>Youth Lessons:</b> 9:00a-10:30a 5:00p-7:00p	<b>Youth Lessons:</b> 9:00a-10:30a	<b>Youth Lessons:</b> 9:00a-10:30a 5:00p-7:00p		<b>Swim Starters:</b> 9:00a-11:00a <b>Adult:</b> 9:00a-9:45a
<b>SNAP</b>		1:00p-2:00p					
<b>PARENT CHILD SWIM (Parent must accompany children)</b>	9:00a-12:00p	5:00a-9:00a 12:00p-1:25p 5:00p-7:00p	5:00a-10:30a 12:00p-1:25p 5:00p-7:00p (extreme shallow)	5:00a-9:00a 12:00p-1:25p 5:00p-7:00p	5:00a-10:30a 12:00p-1:25p 5:00p-7:00p (extreme shallow)	5:00a-10:30a 12:00p-1:25p	6:00a-12:00p
<b>ADULT OPEN EXERCISE</b>	9:00a-12:00p	5:00a-6:50a 12:00a-1:30p	5:00a-6:50a	5:00a-6:50a 12:00a-1:30p	5:00a-6:50a	5:00a-6:50a 12:00a-1:30p	6:00a-9:00a

**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.

**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.

**Youth Swim Team:** Designed for youth ages 8+ that can swim all 4 competitive strokes. Must "tryout" and receive coach approval.

**Adult Open Exercise:** Designed for adults to utilize space in the pool either splash down area, dive well, or lane depending on availability.

**Need more info?**

Contact Kelly Winkels

Aquatics Director at

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OR

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