



WILLIAMS COUNTY YMCA POOL SCHEDULE

Winter 1 2020 Session: November 2nd-December 18th

MONDAY

TUESDAY

WEDNESDAY

CLASS	STARTS	ENDS	INSTRUCTOR	LOCATION	FITNESS LEVEL
OPEN SWIM/LAP SWIM	6:00AM	9:00AM	-	POOL	ALL
SILVER SPLASH	9:00AM	9:50AM	HELEN	SHALLOW END	REGISTRATION AVAILABLE
LAP SWIM	9:00AM	12:00PM	-	3 LAP LANES	ALL
DEEP END OPEN	9:00AM	9:50AM	-	DEEP END	ALL
DEEP WATER AEROBICS	10:00AM	10:50AM	HELEN	DEEP END	REGISTRATION AVAILABLE
SHALLOW END OPEN	10:00AM	10:50AM	-	SHALLOW END	ALL
LAP SWIM	9:00AM	12:00PM	-	3 LAP LANES	ALL
ARTHRITIS AEROBICS	11:00AM	11:50AM	HELEN	SHALLOW END	REGISTRATION AVAILABLE
LAP SWIM	9:00AM	12:00PM	-	3 LAP LANES	ALL
POOL CLOSED	12:00PM	3:00PM	-	-	-
BHS SWIM PRACTICE	3:00PM	5:00PM	-	5 LANES	-
Y SWIM PRACTICE	5:00PM	6:30PM	-	6 LANES	-
WATER CARDIO	6:30PM	7:30PM	DEB	SHALLOW END	REGISTRATION AVAILABLE
DEEP END OPEN	6:30PM	7:30PM	-	DEEP END	-
LAP SWIM	6:30PM	7:30PM	-	3 LAP LANES	-
LAP SWIM	8:00AM	12:00PM	-	3 LAP LANES	-
VOLLEYBALL	8:00AM	9:00AM	-	SHALLOW END	ALL
DEEP OPEN	8:00AM	9:00AM	-	DEEP END	ALL
OPEN SWIM	9:00AM	12:00PM	-	POOL	ALL
POOL CLOSED	12:00PM	3:00PM	-	-	-
OPEN SWIM/LAP SWIM	3:00PM	5:00PM	-	POOL	ALL
Y SWIM PRACTICE	5:00PM	6:30PM	-	6 LANES	-
OPEN SWIM/LAP SWIM	6:30PM	7:30PM	-	POOL	ALL
OPEN SWIM/LAP SWIM	6:00AM	9:00AM	-	POOL	ALL
SILVER SPLASH	9:00AM	9:50AM	HELEN	SHALLOW END	REGISTRATION AVAILABLE
LAP SWIM	9:00AM	12:00PM	-	3 LAP LANES	ALL
DEEP END OPEN	9:00AM	9:50AM	-	DEEP END	ALL
DEEP WATER AEROBICS	10:00AM	10:50AM	HELEN	DEEP END	REGISTRATION AVAILABLE
SHALLOW END OPEN	10:00AM	10:50AM	-	SHALLOW END	ALL
LAP SWIM	9:00AM	12:00PM	-	3 LAP LANES	ALL
ARTHRITIS AEROBICS	11:00AM	11:50AM	HELEN	SHALLOW END	REGISTRATION AVAILABLE
LAP SWIM	9:00AM	12:00PM	-	3 LAP LANES	ALL
POOL CLOSED	12:00PM	3:00PM	-	-	-
BHS SWIM PRACTICE	3:00PM	5:00PM	-	5 LANES	-
LAP SWIM	5:00PM	6:30PM	-	3 LAP LANES	ALL
DEEP END OPEN	5:00PM	6:30PM	-	DEEP END	ALL
PARTIAL SHALLOW END	5:00PM	6:30PM	-	SHALLOW END/ SMALL POOL	ALL
SWIM LESSONS	5:00PM	7:00PM	EMILY	SMALL POOL/ SHALLOW END	REGISTRATION AVAILABLE
WATER CARDIO	6:30PM	7:30PM	DEB	SHALLOW END	REGISTRATION AVAILABLE
DEEP END OPEN	6:30PM	7:30PM	-	DEEP END	ALL
LAP SWIM	6:30PM	7:30PM	-	3 LAP LANES	ALL

	CLASS	STARTS	ENDS	INSTRUCTOR	LOCATION	FITNESS LEVEL
THURSDAY	LAP SWIM	8:00AM	12:00PM	-	3 LAP LANES	-
	VOLLEYBALL	8:00AM	9:00AM	-	SHALLOW END	ALL
	DEEP OPEN	8:00AM	9:00AM	-	DEEP END	ALL
	OPEN SWIM	9:00AM	12:00AM	-	POOL	ALL
	BRYAN CENTER SWIM	10:00AM	11:30AM	-	POOL	-
	POOL CLOSED	12:00PM	3:00PM	-	-	-
	OPEN SWIM/LAP SWIM	3:00PM	5:00PM	-	POOL	ALL
	Y SWIM PRACTICE	5:00PM	6:30PM	-	6 LANES	-
FRIDAY	OPEN SWIM/LAP SWIM	6:30PM	7:30PM	-	POOL	ALL
	OPEN SWIM/LAP SWIM	6:00AM	9:00AM	-	POOL	ALL
	SILVER SPLASH	9:00AM	9:50AM	HELEN	SHALLOW END	REGISTRATION AVAILABLE
	LAP SWIM	9:00AM	12:00PM	-	3 LAP LANES	ALL
	DEEP END OPEN	9:00AM	9:50AM	-	DEEP END	ALL
	DEEP WATER AEROBICS	10:00AM	10:50AM	HELEN	DEEP END	REGISTRATION AVAILABLE
	SHALLOW END OPEN	10:00AM	10:50AM	-	SHALLOW END	ALL
	LAP SWIM	9:00AM	12:00PM	-	3 LAP LANES	ALL
	ARTHRITIS AEROBICS	11:00AM	11:50AM	HELEN	SHALLOW END	REGISTRATION AVAILABLE
	LAP SWIM	9:00AM	12:00PM	-	3 LAP LANES	ALL
	POOL CLOSED	12:00PM	3:00PM	-	-	-
	BHS SWIM PRACTICE	3:00PM	5:00PM	-	5 LANES	-
	LAP SWIM	5:00PM	5:45PM	-	3 LAP LANES	ALL
	DEEP END OPEN	5:00PM	5:45PM	-	DEEP END	ALL
	SWIM LESSONS	5:00PM	5:45PM	EMILY	SMALL POOL/ SHALLOW END	REGISTRATION AVAILABLE
SAT.	BHS SWIM PRACTICE	8:30AM	9:00AM	-	5 LANES	-
	OPEN SWIM	9:00AM	3:30PM	-	POOL	ALL
	LAP SWIM	9:00AM	3:30PM	-	3 LAP LANES	ALL
SUN.	OPEN SWIM	1:15PM	4:45PM	-	POOL	ALL
	LAP SWIM	1:15PM	4:45PM	-	3 LAP LANES	ALL

Silver Splash! – Helen

This is a great water aerobics class that encourages older adults to get up and move. It uses kickboards as resistance and is high energy, but low impact designed to get you moving!

Deep Water AM – Helen

Belt up and take a no-impact way to exercise. Join us for this progressively challenging, upbeat cardio resistance workout.

Arthritis Aerobics – Helen

Shallow water class designed for those with arthritis to be active & mobile. There is little stress on the joints!

Water Cardio – Deb Mack

A high energy, shallow water class that combines cardio with resistance training for a great overall and low impact workout!

Stage 1 – Water Acclimation

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Stage 2 – Water Movement

Encourages forward movement in water and basic self-rescue skills performed independently.

Stage 3 – Water Stamina

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Stage 4 – Stroke Introduction

Introduces basic stroke technique in front/back crawl and reinforces water safety through treading water and elementary backstroke.

Lap Swim

Continuous swimming back and forth lengthwise in the pool. Must share lanes or circle swim during lap swim. Other swimmers can not perform activities in the lap lanes which stop others from swimming laps.

Child swimmers

Children 12 years or younger need a swim test to swim on the deep side of the pool.
Children 9 & under must have a parent on the pool deck.
Children 5 years & under must have a parent in the water.

Floatation & Toys

Children may wear floatation devices that are US Coast Guard approved. All other floatation devices are not allowed.
Outside toys may be brought if they are soft and are larger than the inlets.

Pool Closures:

Thanksgiving Day: CLOSED
December 17th 4-7:30PM
January 7th 4-7:30PM
January 9th 9AM-2:30PM
January 16th 8:30AM-12PM
January 23rd 9AM-2:30PM
February 1st 4PM-7:30PM
February 20th 9AM-2:30PM