



# April 29—May 5, 2024 POOL SCHEDULES

NORTH CANTON YMCA | 330.499.2587

	LARGE POOL			SMALL POOL
	OPEN SWIM	LAP SWIM	WATER FITNESS	OPEN SWIM
MONDAY	11:30a-1:00p  <b>SEE BACK FOR OPEN SWIM POLICY</b>	5:15a-8:40a (6) 10:40a-1:00p (4) 1:00p-3:50p (6) 5:45p-6:25p (5) 7:45p-8:15p(2) 8:15p-9:45p (2) <small>After 8:15p only 2 lane markers will be in but all of the pool available for lap</small>	9:00am—9:40am <b>Shallow Water Aerobics</b> 9:50am—10:30am <b>Arthritis Class</b>	11:30a-1:00p  <b>SEE BACK FOR OPEN SWIM POLICY</b>
TUESDAY	11:30a-1:00p  <b>SEE BACK FOR OPEN SWIM POLICY</b>	5:15a-6:15a (2) 6:15a-8:15a (6) 9:30a-11:15a (2) 11:15a-1:00p (4) 1:00p-3:50p (6) 6:40p-7:45p (3) 7:45p-9:45p (6)	5:30am—6:15am <b>Deep Water Aerobics</b> 8:40am—9:25am <b>Aqua Zumba</b>	11:30a-1:00p  <b>SEE BACK FOR OPEN SWIM POLICY</b>
WEDNESDAY	11:30a-1:00p  <b>SEE BACK FOR OPEN SWIM POLICY</b>	5:15a-8:40a (6) 10:40a-11:50a (3) 11:50a-1:00p (4) 1:00p-3:50p (6) 5:45p-6:25p (5) 7:45p-8:15p (2) 8:15p-9:45p (2) <small>After 8:15p only 2 lane markers will be in but all of the pool available for lap.</small>	9:00am—9:40am <b>Deep Water Aerobics</b> 9:50am—10:30am <b>Arthritis Class</b>	12:00p-1:00p  <b>SEE BACK FOR OPEN SWIM POLICY</b>
THURSDAY	11:30a-1:00p 6:45p-9:45p  <b>SEE BACK FOR OPEN SWIM POLICY</b>	5:15a-6:15a (2) 6:15a-8:15a (6) 9:30a-11:15a (2) 11:15a-1:00p (4) 1:00p-3:50p (6) 6:45p-9:45p (3)	5:30am—6:00am <b>Deep Water Aerobics</b> 8:40am—9:25am <b>Shallow Water</b>	11:30a-1:00p 6:10p-8:00p  <b>SEE BACK FOR OPEN SWIM POLICY</b>
FRIDAY	6:15p-8:45p  <b>SEE BACK FOR OPEN SWIM POLICY</b>	5:15a-8:40a (6) 10:40a-11:15a (5) 11:15a-4:05p (6) 4:05p-8:45p (3)	9:00am—9:40am <b>Deep Water Aerobics</b> 9:50am—10:30am <b>Arthritis Class</b>	<b>CLOSED</b> LOOK FOR OPEN SWIM AVAILABILITY IN LARGE POOL
SATURDAY	12:15p-5:45p  <b>SEE BACK FOR OPEN SWIM POLICY</b>	6:00a-8:15a (6) 10:15a-11:20a (3) 11:20a-12:00p (2) 12:00p-5:45p (3)	9:15am-10:00am <b>Shallow Water Aerobics</b>	<b>CLOSED</b> LOOK FOR OPEN SWIM AVAILABILITY IN LARGE POOL
SUNDAY	1:15p-4:45p  <b>SEE BACK FOR OPEN SWIM POLICY</b>	10:15a-1:00p (6) 1:00p-4:45p (3)		1:15p-4:45p  <b>SEE BACK FOR OPEN SWIM POLICY</b>

**Pool rules, regulations, and class descriptions on back.**



# POOL RULES & REGULATIONS

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<b>Whirlpool</b>	For members at least 18 years of age and must be out of high school.
<b>Sauna</b>	For members at least 18 years of age and must be out of high school.
<b>Lap Lane Policy</b>	(#) is the # of lap lanes available at that time Green banded swimmers, High School and Adults ONLY: Lap swim only.
<b>SMALL POOL</b>	Small Pool is for families with small children 10 and under.
<b>Open Swim Policy</b>	To swim without a parent or guardian, children must be: 6 years of age or older <b>AND</b> 48" tall (YELLOW BAND) <b>OR</b> have passed the deep water test (GREEN BAND). This applies whether they are using the small pool or large pool.
<b>Deep Water Test Requirements</b>	<b>Required For anyone 6 years &amp; up to high school to swim in the deep end of the large pool.</b> Swim one length of pool (25 yds.), front crawl with face in water, breathing without hesitation and above water arm recovery. Jump in the deep end and resurface. Tread water for 30 seconds. Float on back and go from floating position to prone/standing position. At the guard's discretion, participant may be asked to retake the test at any time.
<b>Deep Water Testing Schedule</b>	<b>Required For anyone 6 years &amp; up to high school to swim in the deep end of the large pool.</b> Contact the Aquatic Director to make appointment.
<b>Wristband Color System</b>	<b>Yellow Band:</b> Ages 6+ and 48 inches tall (lifeguard will measure child on pool deck at 1st visit). If make height requirement the child then will be able to swim without a parent. On next visit child must get wrist band upon entering building at Membership Desk. Child not permitted in lap lanes or deep end. <b>Green Band:</b> Ages 6+ and have passed the Deep Water test. Contact Aquatic Director to make an appointment. On next visit child must get wrist band upon entering building at Membership Desk.
<b>Swim Lesson Placement</b>	<b>Not sure what stage your swimmer is in?</b> Contact the Aquatic Director with any questions.

## Water Fitness Class Descriptions

CLASS NAME	LENGTH	DESCRIPTION
<b>Shallow Water Aerobics</b>	40/45 min	High intensity aerobic workout; low impact. Water resistance tones and strengthens muscles.
<b>Deep Water Aerobics</b>	30/40/45 min	High intensity aerobic workout; no impact. Water resistance tones and strengthens muscles. Ski/jogging belts worn for support.
<b>Arthritis Exercise</b>	40 min	Low intensity and impact. Workouts in shallow end of pool.
<b>Aqua Zumba</b>	45 min	Less impact on your joints so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.