


October 31st - November 27th, 2021 Pool Schedule

Day	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Day	
Time	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Time	
6:00-7:00	Lap Swim	<b>Closed</b>	Lap Swim	<b>Closed</b>	Lap Swim	<b>Closed</b>	Lap Swim	<b>Closed</b>	Lap Swim	<b>Closed</b>	Closed	<b>Closed</b>	Closed	Closed	6:00-7:00	
7:00-7:50a	Lap Swim /1WW		Lap Swim /1WW		Lap Swim /1WW		Lap Swim /1WW		Lap Swim /1WW		Opens at 7am				7:00-7:50a	
8:00-9:00a	Water Walking		Aqua Exercise (Haley)		Aqua Exercise (Somer)		Water Walking		Aqua Exercise (Somer)		Lap Swim				8:00-9:00a	
9:00-9:50a	2 Lap Lanes/ Water Walking	<b>Arthritis (Christy)</b>	2 Lap Lanes/ Water Walking	<b>Toning (Haley)</b>	2 Lap Lanes/ Water Walking	<b>Arthritis (Somer)</b>	2 Lap Lanes/ Water Walking	<b>Water Walking</b>	2 Lap Lanes/ Water Walking	<b>Arthritis (Somer)</b>	2 Lap Lanes/ Water Walking	Closed	Closed	Closed	9:00-9:50a	
10:00-11:00a	Water Walking		Water Walking		Water Walking		Water Walking		Water Walking						Open Swim	10:00-11:00a
11:00-11:50a	Lap Swim		Lap Swim		Lap Swim		Lap Swim		Lap Swim							Closed
12:00-1:00p	Adaptive PE	<b>Closed</b>	S.A.W	<b>Closed</b>	Adaptive PE	<b>Closed</b>	S.A.W	<b>Closed</b>	Adaptive PE	<b>Closed</b>	Closes @ 12:30pm	Closed	Closed	Closed	12:00-1:00p	
1:00-1:50p	Closed		Closed		Closed		Closed		Closed						1:00-1:50p	
2:00-3:00p	Closed		Closed		Closed		Closed		Closed						2:00-3:00p	
3:00-3:50p	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed	3:00-3:50p	
4:00-5:00p	Lap Swim	<b>Open Swim</b>	Lap Swim	<b>Swim Lessons</b>	Lap Swim	<b>Open Swim</b>	Lap Swim	<b>Swim Lessons</b>	Lap Swim	<b>Open Swim</b>	Lap Swim	<b>Open Swim</b>	Closed	Closed	4:00-5:00p	
5:00-5:30p															5:00-5:30p	
5:30-6:00p															5:30-6:00p	
6:15-7:00p	Aqua Pups till 8:15p	<b>6pm Parent Tot Lessons</b>	Aqua Pups till 8:15p	<b>Closed</b>	Aqua Exercise (Lori)	<b>Closed @ 6pm</b>	Aqua Pups till 8:15p	<b>Closed</b>	Lap Swim	<b>Closed @ 7pm</b>	Lap Swim	<b>Open Swim</b>	Closed	Closed	6:15-7:00p	
7:00-8:00p		<b>6:45PM Aqua Dance (Somer)</b>			7:00-8:00p											
8:00-9:00p		Closed			<b>Closed @ 7:30pm</b>										Closed	Closed



**the YMCA**

**YMCA CLOSED November 25th**

**Extra Lap Swim**

**1pm-2pm**  
November 23rd, 24th, 26th

(\* Check front desk, if class is canceled there will be open swim!

## **WATER EXERCISE CLASSES**

Water Exercise is increasing in popularity among the fit and not-so-fit due to its low-impact, yet high resistance nature. Water exercise is a great cardiovascular exercise as well as strengthener and works all parts of the body including the core.

### **CLASS DESCRIPTIONS**

**ARTHRITIS** - A water exercise program designed for persons with arthritis. Water exercise is especially good for people with arthritis since it can help relieve strain on muscles and joints.

**SPLASHERCISE**- This is a water aerobics class taught by certified instructors. Splashercise will improve your aerobic endurance, muscular strength and flexibility.

**WATER WALKING** - One of the most low-impact, yet resistant form of exercise. Non-instructed, walk at your own pace.

**MULTI-LEVEL: Classes listed below offer a variety of ways to get toned and in shape. Classes may be predominantly strength and toning or predominantly conditioning, but many contain both**

**WATER TABATA** - A water class that uses brief periods of work followed by brief periods of rest. Interval training is one of the most effective training types to blast away the calories.

**AQUA EXERCISE** - Increase strength, flexibility, and aerobic capacity in the water.

**TONING** - Enjoy this strength-based class in the water!

Visit us on the web at [www..mcphersonfamilyymca.org](http://www.mcphersonfamilyymca.org) or call 620-241-0363  
McPherson Family YMCA ~ 220 North Walnut ~ McPherson, KS 67460

## **ADDITIONAL POOL INFORMATION**

### **Safety Breaks** -

Insurance mandated for patron safety to allow guards to stay vigilant during shifts. Patrons will exit water for 5 min period to give lifeguard a break.

### **Swim Policy** -

Children under the age of 8 must be accompanied by an adult IN the water if they do not pass the swim test. Children age 12 and under must be swim tested and pass in order to not wear a lifejacket. Child must have a wristband from front desk to show that they have pass the swim test.

### **Swim Test** -

Swim tests will be administered daily Monday-Friday at 4pm for the first 5 to 10 min, Saturday 12pm to 2pm, and Sunday 1pm to 3pm. Non school days during the week we will also have swim tests from 2pm to 4pm.