


November 13 -December 17, 2022 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	Closed	Lap Swim	Closed	Lap Swim	Closed	Lap Swim	Closed	Lap Swim	Closed	Closed	Closed	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	Aqua Exercise		Aqua Exercise		Aqua Exercise		Aqua Exercise		Aqua Exercise		Lap Swim				8:00-9:00a
9:00-9:50a	2 Lap Lanes/ Water Walking	Arthritis	2 Lap Lanes/ Water Walking	Arthritis	2 Lap Lanes/ Water Walking	Arthritis	2 Lap Lanes/ Water Walking	Arthritis	2 Lap Lanes/ Water Walking	Arthritis	MHS Boys Swim Team	Open Swim	Closed	Closed	9:00-9:50a
10:00-11:00a	Water Walking	Closed	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	2 Lap Lanes/ Water Walking				10:00-11:00a
11:00-11:50a			Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim					Lap Swim
12:00-1:00p	Closed	Adaptive PE	S.A.W	Closed	Adaptive PE	Closed	S.A.W	Closed	Adaptive PE	Closed	Closes @2:00pm	Closes @ 2:00 pm	Lap Swim	Open Swim	12:00-1:00p
1:00-1:50p	2 Lap Lanes/ Water Walking	Closed	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking					1:00-1:50p
2:00-3:00p	MHS Boys Swim Team	Open Swim	MHS Boys Swim Team	Swim Lessons	MHS Boys Swim Team	Open Swim	MHS Boys Swim Team	Swim Lessons	MHS Boys Swim Team	Open Swim	the  YMCA	Closes @ 4:00 pm	Closes @ 4:00 pm	2:00-3:00p	
3:00-3:50p														Lap Swim	Lap Swim
4:00-5:00p	Aqua Pups till 8:15p	Parent Child Swim Lessons	Aqua Pups till 8:15p	Closed	Aqua Exercise (Lori)	Closed	Lap Swim	Closed	Lap Swim	Closed @ 7pm	<p><u>YMCA Closed: November 24</u></p> <p><u>Extra Open Swim: 2p-4p</u></p> <p><u>November 23,25,28</u></p> <p>(*) Check front desk, if class is canceled there will be open swim!</p>			4:00-5:00p	
5:00-5:30p														5:00-5:30p	
5:30-6:15p	5:30-6:15p														
6:15-7:00p	6:15-7:00p														
7:00-8:00p	Closed	Closed @ 7:30pm	Closed	Closed	Closed	Closed @7:30	Closed	Closed	Closed	Closed @ 7pm	7:00-8:00p				
8:00-9:00p											8:00-9:00p				

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.