

January 7, 2023-February 19, 2023 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	Lap Swim	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	Closed	Water Walking	Closed	Water Walking	Closed	Water Walking	Closed	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		11:00-11:50a				
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	Lap Swim	Open Swim	12:00-1:00p			
1:00-1:50p	2 Lap Lanes/ Water Walking	Closed	Water Walking		Closed		Water Walking		Closed				Water Walking			Closed	2 Lap Lanes/ Water Walking	Closed	1:00-1:50p
2:00-3:00p	3:00-3:50p		MHS Boys Swim Team				MHS Boys Swim Team						MHS Boys Swim Team				MHS Boys Swim Team		MHS Boys Swim Team
3:00-3:50p	4:00-5:00p	5:00-5:30p	5:45-6:30p	6:30-7:00p	7:00-8:00p	8:00-9:00p	Additional Lap Swim: January 7 9am-11am January 12 4p-5:30pm January 21 9am-11am February 2 4p-5:30pm February 17 4pm-6pm February 18 9am-11am	Additional open Swim: January 16th 2pm-4pm	(*) Check front desk, if class is canceled there will be open swim!	4:00-5:00p									
4:00-5:00p	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	Open Swim	Open Swim	5:00-5:30p	Closes @ 4:00 pm	Closes @ 4:00 pm	5:30-6:00p			
5:00-5:30p	Lap Swim	Aqua Dance	Lap Swim		Aqua Exercise (Lori)		Lap Swim		Aqua Pups till 8:15p				Lap Swim			Aqua Pups till 8:15p	Lap Swim	6:15-7:00p	
5:45-6:30p	6:30-7:00p	7:00-8:00p	8:00-9:00p		Parent Child Swim Lessons		Open Swim		Open Swim				Additional Lap Swim: January 7 9am-11am January 12 4p-5:30pm January 21 9am-11am February 2 4p-5:30pm February 17 4pm-6pm February 18 9am-11am			Additional open Swim: January 16th 2pm-4pm	(*) Check front desk, if class is canceled there will be open swim!	6:15-7:00p	
6:30-7:00p	Aqua Pups till 8:15p	Open Swim	Aqua Pups till 8:15p	Closed	Lap Swim	Closed	Lap Swim	Closed	Lap Swim	Closed	Closed @ 7pm	Closed @ 7pm	7:00-8:00p	Closes @ 4:00 pm	Closes @ 4:00 pm	7:00-8:00p			
7:00-8:00p	8:00-9:00p	Closed @ 7:30pm	Closed		Closed		Closed		Closed				Closed			Closed	Closed	8:00-9:00p	
8:00-9:00p	Closed	Closed @ 7:30pm	Closed		Closed		Closed		Closed @7:30				Closed			Closed	Closed	Closed	Closed @ 7pm

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.