

**Columbus Family Y Pool Schedule May 31-June 30 2022**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	Warm Pool open 5:15am-9pm	Warm Pool open 5:15am-11am & 12pm-9pm	Warm Pool open 5:15am-9pm	Warm Pool open 5:15am-9pm	Warm Pool open 5:15am-7pm	Warm Pool open 7:15am-5pm	Warm Pool open 12:15pm-5pm
	Lap Pool open 5:15am-9pm	Lap Pool open 5:15am-9pm	Lap Pool open 5:15am-9pm	Lap Pool open 5:15am-9pm	Lap Pool open 5:15am-7pm	Lap Pool open 7:15am-5pm	Lap Pool open 12:15pm-5pm
<b>5:00</b>	Pools open 5:15 Exercise/Kids 4&U w/adult	Pools open 5:15 Exercise/Kids 4&U w/adult Fitness Class-Lap & Warm 5:20-6 Warm pool closed to patrons	Pools open 5:15 Exercise/Kids 4&U w/adult	Pools open 5:15 Exercise/Kids 4&U w/adult Fitness Class-Lap 5:20-6	Pools open 5:15 Exercise/Kids 4&U w/adult		
<b>6:00</b>							
<b>7:00</b>						Pools open 7:15 Exercise/Kids 4&U w/adult Fitness Class-Lap 7:20-8	
<b>8:00</b>	Fitness Class-Lap 8-9	Fitness Class-Lap 8-9	Fitness Class-Lap 8-9	Fitness Class-Lap 8-9	Fitness Class-Lap 8-9		
<b>9:00</b>	Swim Lessons 9:35-11:50	Swim Lessons 9:35-11:50	Swim Lessons 9:35-11:50	Swim Lessons 9:35-11:50			
<b>10:00</b>							
<b>11:00</b>		Ai Chi-Warm 11-12 Warm pool closed to patrons					
<b>12:00</b>						Family open swim-Lap 10-5	Pools open 12:15 Family open swim-Lap 12:15-5
<b>1:00</b>	Immanuel Daycare-Lap 1-3	Immanuel Daycare-Lap 1-3					
<b>2:00</b>	Family open swim-Lap 2-8	Family open swim-Lap 2-8	Family open swim-Lap 2-8	Family open swim-Lap 2-8	Family open swim-Lap 2-7		
<b>3:00</b>	Camp-Lap 3-4 Weeks of: Jun 6, Jun 20, Jun 27	Camp-Lap 3-4 Weeks of: Jun 6, Jun 20, Jun 27	Camp-Lap 3-4 Weeks of: Jun 6, Jun 20, Jun 27	Camp-Lap 3-4 Weeks of: Jun 6, Jun 20, Jun 27	Camp-Lap 3-4 Weeks of: Jun 6, Jun 20, Jun 27		
<b>4:00</b>	Swim Lessons 4:05-6:55	Swim Lessons 4:05-6:55	Swim Lessons 4:05-6:55	Swim Lessons 4:05-6:55			
<b>5:00</b>	Fitness Class-Lap 5-5:45					Pools close 5:00	Pools close 5:00
<b>6:00</b>							
<b>7:00</b>					Pools close 7:00		
<b>8:00</b>							
<b>9:00</b>	Pools close 9:00	Pools close 9:00	Pools close 9:00	Pools close 9:00			

During inclement weather the pools close at lightning within 10 miles and remain closed for 30 minutes after the last strike. Pool schedule is subject to change at any time.

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### **Lap Swimming**

Lap swimming is a great way to exercise. Swimming for exercise is easy on the joints and muscles and is often times used as a therapy and/or substitute for out of water exercise. There are many different strokes that can be used for lap swimming. There will be swim lanes reserved at most times for those wishing to use them. If lanes are not being used, water-walkers and other programs are able to use the designated pool space until a lap swimmer arrives and needs the lane. Please keep in mind that during high traffic times you may be asked to share a lane with other patrons. Lap swimming is free for those with a membership and no additional charge for those whom pay a day fee.

### **Water Walking**

Water walking can be a great form of exercise and/or therapy. Water's buoyancy reduces the impact on joints and working out in the water can help improve cardiovascular fitness, balance and range of motion. Water also has greater resistance than air, which means walking in water requires more effort and ultimately burns more calories than walking on land. Most prefer to walk in waist-deep to chest-deep water walking forward, backward, and side-to-side. You are able to use the warm-water pool anytime it is not reserved for a program. There will be designated times/days where the lap pool will be available to those who wish to use cooler water for their work-out/therapy. Water-walking is free for all members and those paying a day fee.

### **Family Open Swim**

Family open swim is a time anyone is allowed to come splash in the pool. Please be courteous to the lap swimmers. There will be reserved lanes for those who are exercising during this time. Open swimmers are not permitted to play in these lanes. Each child under the age of 11 years will need to take a Swim Test prior to swimming. The Swim Test helps ensure the safety of each person using our pools by doing a quick assessment of their swim ability. An adult or caregiver 16 years and over is required to be in the pool with children 6 years and younger. Family open swim is free for all members and those paying a day fee.

### **Adult and Child**

We have found that many adults want to expose their little ones to the life of aquatics at a young age without the loud, splashing and excited older children during open swim times. Your Columbus YMCA would like to welcome adults and their little ones to quiet, relaxing play time without the older kids. Adults are invited to bring their young ones (age 0-4 years) any time the warm pool and/or lap pool are open to all patrons.

The YMCA recommends that infants no younger than 6 months of age use the water. Please consult with your physician to see if swimming is right for your child; this program is free of cost and no instructor is provided.

Note: Certified swim diapers are required for anyone not completely toilet trained. They will be available for purchase at the front desk as needed.

### **Pools Open**

When one or both pools are listed on the schedule as "open" it means that members and those paying a day fee are allowed to use a pool for personal exercise. It does **NOT** mean children 5 years + and adults can come play in the lap pool, that is during **Family Open Swim Time ONLY**. Children 5 years +, such as those on swim team, are allowed to lap swim.

### **Fitness Class**

These are times that aqua classes are offered. These classes are free of charge to members and those paying the day fee. They take up varying amount of space in the Lap Pool. Lanes will be available, but patrons may have to share.

### **Ai Chi**

This is a specialty class in our Warm Pool offered in conjunction with Columbus Community Hospital. This class does have a fee and registration as space is limited. Please see the front desk for details. The Warm Pool is closed during the class.

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