



Plattsburgh YMCA – Pool Schedule

Spring I Session: March 2 – April 26, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM 5:30-9:00	LAP SWIM 5:30-9:00	LAP SWIM 5:30-9:00	LAP SWIM 5:30-9:00	LAP SWIM 5:30-9:00	LAP SWIM 7:00-8:15	LAP SWIM 7:00-11:00
AQUA JOG 9:00-9:30 (+1 lap)		AQUA JOG 9:00-9:30 (+1 lap)		ADULT REC. SWIM 9:00-9:30 (1 lap)		
	YOUTH/FAM REC SWIM 10:00-11:00		YOUTH/FAM REC SWIM 10:00-11:00	YOUTH/FAM REC SWIM 9:30-11:00		
ARTHRITIS WATER EXERCISE 11:00-12:00	ACTIVE ADULT WATER AEROBICS 11:00-11:45	ARTHRITIS WATER EXERCISE 11:00-12:00	ACTIVE ADULT WATER AEROBICS 11:00-11:45	ARTHRITIS WATER EXERCISE 11:00-12:00		
LAP SWIM 12:00-2:50	LAP SWIM 12:00-2:50	LAP SWIM 12:00-2:50	LAP SWIM 12:00-2:50 <small>*only 2 lap lanes open 1:00-2:30</small>	LAP SWIM 12:00-2:50	YOUTH/FAM REC SWIM 1:00-4:30	YOUTH/FAM REC SWIM 12:30-4:30
YOUTH/FAM REC SWIM 3:00-4:25	YOUTH/FAM REC SWIM 3:00-4:25	YOUTH/FAM REC SWIM 3:00-6:00	YOUTH/FAM REC SWIM 3:00-4:25	YOUTH/FAM REC SWIM 3:00-5:00		
AQUA FIT 5:30-6:30	AQUA FIT 5:30-6:30		AQUA FIT 5:45-6:45		AN ADULT MUST BE IN THE WATER WITH CHILD IF A FLOATATION DEVICE IS NEEDED THE POOL IS CLOSED DURING THUNDERSTORMS	
YOUTH/FAM REC SWIM 6:30-8:00 (1 lap)	DEEP WATER FITNESS (1 lap) 6:30-7:30	AQUA COMBAT 6:15-7:00	DEEP WATER FITNESS 6:45-7:45 (1 lap)	YOUTH/FAM REC SWIM 6:30-8:00		
LAP SWIM 8:00-9:30	YOUTH/FAM REC SWIM 7:30-8:30	LAP SWIM 7:00-7:30	YOUTH/FAM REC SWIM (1 lap) 7:45-8:30	LAP SWIM 8:00-9:30		
	LAP SWIM 8:30-9:30		LAP SWIM 8:40-9:30			

Swimming Lessons

Class Level	Description	Class Times
Skipper I Skipper II	Parent & Child class focused on getting your child comfortable in the water. Kicking, blowing bubbles, streamline body position and arm movements are encouraged. Songs, games and toys make the water experience fun for the child and the parent. Skipper I: 6 mos. to 18 mos. Skipper II: 18 mos. to 3 yrs. Children must wear a "retainer" pant (plastic and reusable) over their little swimmer diaper. Disposable diapers are not allowed in the pool.	Tues @ 9:00-9:30 am (both groups) Thurs @ 9:00-9:30 am (both groups) Sat @ 8:25-8:55 (Skipper I) Sat @ 9:00-9:30 (Skipper II)
3 & 4 Yr Olds	Child must be able to separate from parent, be potty trained and able to follow simple directions. Skills taught include kicking on front and back, blowing bubbles, floating, jumping in and the paddle stroke.	Mon @ 4:30-5:00 pm Tues @ 9:30-10:00 am Thurs @ 9:30-10:00 am Sat @ 9:35-10:05 am Sat @ 10:10-10:40 am
Polliwog I (Beginner)	Child must be at least 5 years old and needs a floatation device. Skills taught in the 3&4 Year Old class are improved upon. The child must be able to swim with their face in the water in order to move up to the Polliwog I (Advanced) level.	Mon @ 5:00-5:30 pm Thurs @ 4:30-5:00 pm Fri @ 5:15-5:45 Sat @ 10:45-11:15 Sun @ 11:15-11:45
Polliwog I (Advanced)	Child is just starting to swim without a floatation device and can comfortably swim with their face in the water. Refinement of beginner skills are taught, along with Elementary backstroke arms, basic dives and better endurance.	Tues @ 4:30-5:00 pm Fri @ 5:15-5:45 Sat @ 10:45-11:15 Sun @ 11:15-11:45
Polliwog II	Floatation devices are not used. Skills taught include freestyle, backstroke, breaststroke kick, kneeling and standing dives, treading water and retrieving submerged objects. Children will be swimming lengths of the pool for endurance.	Tues @ 5:00-5:30 pm Fri @ 5:45-6:15 pm Sat @ 11:20-11:55 am Sun @ 11:45-12:15
Guppy	Child must be able to tread water for 1 minute and have the endurance to swim 2 laps (4 lengths) without stopping to register for this level. The skills taught in Polliwog II are refined. Skills introduced are breaststroke arms, sidestroke, dolphin kick and surface dives.	Thurs @ 5:00-5:40 pm Sat @ 11:55-12:45
Minnow	Child must be able to treat water for 2 minutes and have mastered the skills in the Guppy Level to register for this class. Skills taught include butterfly arms, open turns, flip turns and racing dives.	Thurs @ 5:00-5:40 pm Sat @ 11:55-12:45

*Please arrive on time. Long hair must be tied back. Goggles are encouraged, masks are not. Please watch your child's lesson from the observation window located on the 1st floor.

Aquatic Fitness Programs

Class/Program	Description	Class Times
Active Older Adult Water Aerobics	Enjoy the benefits of a great workout in either the shallow end or the deep end of the pool. Improve your range of motion, flexibility, strength, and endurance while working at your own pace. You do not need to know how to swim.	Tues/Thurs @ 11:00-11:45 am
Arthritis Water Exercise	Experience the healing effects of the water with specialized exercises and stretches. Improve your range of motion, posture, and flexibility. This is an approved Arthritis Foundation Aquatic Exercise Program. Sponsored by the Office of the Aging. Donations are welcomed.	M/W/F @ 11:00-12:00
Aqua Combat	Dance, kick, punch and have fun doing combat moves in the shallow water.	Wed. @ 6:15-7:00 pm
Aqua Fit	Choose your own intensity level for a cardio and strengthening workout. Water barbells, noodles, and other equipment are provided as you exercise to music at either end of the pool.	Mon/Tues @ 5:30-6:30 pm Thurs @ 6:45-7:45 pm
Aqua Jog	A no impact, joint friendly class in the deep water using buoyancy belts and water barbells.	Mon/Wed @ 9:00-9:30 am
Deep Water Fitness	Wrap up your workday with a water exercise class by certified and experienced instructors. Along with the cardiovascular benefits, you'll also improve flexibility and muscular endurance with no impact. Some swim skills required.	Tues @ 6:30-7:30 pm Thurs @ 6:45-7:45 pm

*All participants must register for each class at the front desk or online