

Pool Schedule: 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Open Swim 7:30am-10am	Open Swim 7:30am-10am	Open Swim 7:30am-10am	Open Swim 7:30am-10am	Open Swim 7:30am-1pm	Open Swim 7:30am-3:30pm
	Aquacise 10am-11am Kim Simmons	Aquacise 10am-11am Kim Simmons	Aquacise 10am-11am Kim Simmons	Aquacise 10am-11am Kim Simmons	Open Swim 10am-11am	Parent-Tot: Level A 8:30-9am
	Open Swim 11am-1pm	Open Swim 11am-1pm	Open Swim 11am-1pm	Open Swim 11am-1pm	Open Swim 11am-1pm	Parent -Tot: Level A/B 9:15-9:45 am
Open Swim 1pm-3:30pm	Aquacise 1pm-2pm Jack Thayer	Aquacise 1pm-2pm Kim Simmons	Aquacise 1pm-2pm Jack Thayer	Aquacise 1pm-2pm Kim Simmons	Pool Closed 1pm-4pm	
	Pool Closed 1pm-4pm	Pool Closed 1pm-4pm	Pool Closed 1pm-4pm	Pool Closed 1pm-4pm	Pool Closed 1pm-4pm	
	Open Swim 4-7:00 pm	Open Swim 4-7:00 pm	Open Swim 4-7:00 pm	Open Swim 4-7:00 pm	Open Swim 4-7:00 pm	
	Aquacise 6:45-7:45pm Jack Thayer	Group Lessons: Level 1/2 5:00- 5:45pm	Aquacise 6:45-7:45pm Jack Thayer	Group Lessons: Level 3/4 5:00- 5:45pm	Barracuda Rec. Swim Team 6:45-8pm	
	Pool Closes @ 7:00	Pool Closes @ 7:00	Pool Closes @ 7:00	Pool Closes @ 7:00	Pool Closes @ 7:00	

2 LAP LANES AVAILABLE DURING ALL OPEN SWIM HOURS.

****NO Lap lane available 10am-11am ****

Owensboro Family YMCA Hours

Monday – Friday: 5am-8pm

Saturday: 7am-4pm

Sunday: 1pm-4pm

24-hour access is available for those members with fobs (wellness center only)

Wee Care Hours

**Mon-Thurs:
8:30-10:30 am and
4:00 -7:00 pm
Fri: 8:30 -10:30 am**

900 Kentucky Parkway, Owensboro, KY, 42301

www.owensboroymca.org

270-926-9622

SWIM LESSONS

Parent Tot

- **WHAT:** Infants and toddlers learn to be comfortable in the water and develop swim readiness skills.
- **WHO:** Infants ages 6 months—3 yrs, with a caregiver (parent, grandparent, friend)
- **WHEN:** Saturday from 8:30-9 am or 9am–9:30 am and consists of 4 consecutive classes.
- **COST:** Member rate=\$30, Non-member rate=\$50

Group

- **WHAT:** See Program Overview for summary of skills taught in each level.
- **WHO:** ages 4 and up
- **WHEN:** Level I/II is Tuesdays 5-5:45 pm, Level III/IV is Thursdays 5-5:45 pm
- **COST:** Four 45-minute lessons– Member rate= \$45, Nonmember rate=\$75

Private

- **WHAT:** The student will be learning based on their skill level, one on one with an experienced swim instructor.
- **WHO:** Ages 4 and up.
- **WHEN:** Arranged to fit student and instructor schedule.
- **COST:** This package includes six 30-minute lessons. Member rate=\$___, Nonmember rate=\$___

BARRACUDA RECREATIONAL SWIM TEAM

WHAT: Each session includes stroke fundamentals, team atmosphere and games.

WHO: Children ages 6-16 years

WHEN: Fridays 6:45-8pm May-July

COST: Members \$115, Non Members \$150

AQUACISE

Slow to medium paced water aerobics class designed to enhance mobility and flexibility, open to all fitness levels.

BIRTHDAY PARTIES/ POOL RENTAL

Looking for a place to have your next birthday party? Let the YMCA host your party and skip the pre/party housecleaning! Included in the price of your party is access to the pool, party room and Gymnasium! Contact us to schedule a memorable experience at an affordable price!!

Private pool rental is available. This is a great option for church youth groups and sports team celebrations!

QUESTIONS?

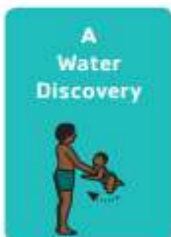
Laura Stephenson, Aquatics Coordinator : 270-926-9622 Laura@owensboroyymca.org



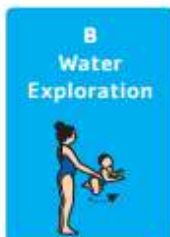
Program Overview

SWIM STARTERS

Parent* & child lessons



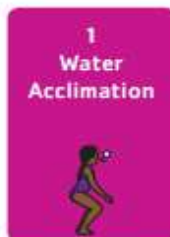
Introduces infants and toddlers to the aquatic environment



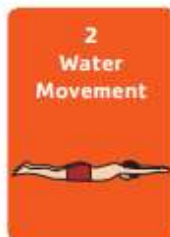
Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills

SWIM BASICS (Safety Around Water)

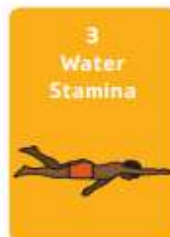
Recommended skills for all to have around water



Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance



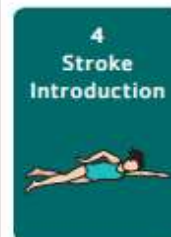
Encourages forward movement in water and basic self-rescue skills performed independently



Develops intermediate self-rescue skills performed at longer distances than in previous stages

SWIM STROKES

Skills to support a healthy lifestyle



Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke



Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke



Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle