



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

MCCLESKEY-EAST COBB FAMILY YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8:30a Open Swim Lap Swim	5:30-8:15a Open Swim Lap Swim	5:30-8:30a Open Swim Lap Swim	5:30-8:15a Open Swim Lap Swim	5:30-8:30a Open Swim Lap Swim	8:00-8:30a Open Swim Lap Swim	1:00-5:45p Open Swim Lap Swim
8:30-9:30a Hydroflex Lap Swim	8:15-9:00a Water Sport Lap Swim	8:30-9:30a Hydroflex Lap Swim	8:15-9:00a Water Sport Lap Swim	8:30-9:30a Hydroflex Lap Swim	8:30-11:15a Starting 8/20-12/17 Swim Lessons 2 Lap Lanes	
9:30-10:30a Swim Lessons Lap Swim	9:00-9:45a Stretch 'N Move Lap Swim	9:30-10:30a Open Swim Lap Swim	9:00-9:45a Stretch 'N Move Lap Swim	9:30-10:30a Open Swim Lap Swim	11:15-12:00p Hydroflex Lap Swim	
10:30-11:30a Aquacise 2 Lap Lanes	9:45-10:00a Open Swim Lap Swim	10:30-11:30a Aquacise 2 Lap Lanes	9:45-10:00a Open Swim Lap Swim	10:30-11:30a Aqua Sculpt Lap Swim	12:00-5:45p Open Swim Lap Swim	
11:45-12:45p Active Older Adults Lap Swim	10:00-11:00a Aqua Sculpt Lap Swim	11:45-12:45p Active Older Adults Lap Swim	10:00-11:00a Aqua Sculpt Lap Swim	11:30-8:45p Open Swim Lap Swim		
12:45-4:00p Open Swim Lap Swim	11:00-11:45a Arthritis Lap Swim	12:45-4:00p Open Swim Lap Swim	11:00-11:45a Arthritis Lap Swim			
4:00-7:30p Swim Lessons & Swim Team	11:45-12:45p Active Older Adults Lap Swim	4:00-7:30p Swim Lessons & Swim Team	11:45-12:45p Active Older Adults Lap Swim			
6:45-9:45p Open Swim Lap Swim	12:45-4:00p Open Swim Lap Swim	6:45-9:45p Open Swim Lap Swim	12:45-3:00p Open Swim Lap Swim			
	4:00-7:30p Swim Lessons & Swim Team		4:00-7:30p Swim Lessons & Swim Team			
	6:00-7:00p Hydroflex Lap Swim		6:45-9:45p Open Swim Lap Swim			
	7:00-9:45p Open Swim Lap Swim					



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Water Exercise

Facility members, ages **13** & older, may choose from the following classes, as a benefit of membership.

Active Older Adult Water Exercise

For ages **62+**: An energizing class to get you fit while you make new friends. Come when you can.

Arthritis Foundation YMCA Aquatics

Water is a safe, ideal environment for relieving arthritis pain and stiffness. That's why the Arthritis Foundation offers its Aquatic Program which is designed to safely keep your joints moving and improve your sense of well-being.

Aquacise

Low- to medium-gear water exercise incorporating all the fitness components.

Hydroflex

This high intensity class will challenge your movements and work your cardiovascular system. This class is for those who have been exercising and are looking for a high impact class to get in shape and lose weight.

Stretch 'N MOVE

Water class focusing on posture, stretching, and aerobic conditioning.

Aqua Sculpt

The natural resistance of the water sculpts the inches away. This is an excellent class for the person who wants a non-impact class and is uncomfortable in deep water.

Water SPORT

A high-energy class geared for persons searching for an aerobic and conditioning workout in a lower impact environment. This class is also great for those looking for a cross-training experience.

Sauna, Whirlpool, Steam Room & Locker Rooms

Members and guests **18** years old may relax and enjoy our sauna and steam rooms.

The whirlpool may be used by those age **18** and older.

Adult Locker Rooms are for those age **15** years and older.

Family Locker Rooms are for children under age **15** and for parents with young children needing assistance. Full-size lockers are available for daily use. A lock is strongly encouraged.

Open Swim

Free time/ Family time in the pool for bubbling, bobbing, boisterous fun!

For safety's sake...

As always, the McCleskey YMCA is concerned with the safety of all children at the YMCA. If a child is under eight, or is unable to swim the length of the pool and immediately tread water for one minute, a parent must be in the pool within arm's reach of the child.

Additional Aquatics Programming

Registration and an additional fee is required for the following programs. See the current Program Guide for details.

Parent-Child Water Adjustment Classes
Preschool Swim Lessons
Progressive Swim Lessons for Youth
Private & Semi-private Swim Lessons for all ages

Adult Swim Lessons
Specialty Aquatics

Pool Rules

- You **must** shower before entering the pool/w-pool
- No running, diving, rough housing, back flips, food, drinks, or gum allowed (water in plastic containers only.)
- Bathing suits must be worn at all times. No cutoffs or street clothes are allowed in the pool.
- Children **7** years & younger must be accompanied by an adult in the pool.
- Lifeguards are on duty to enforce rules & to respond in case of an emergency, not to babysit.
- No band-aids or bandages may be worn in the pool.
- Use of the deep end is restricted to those who can swim.
- No hanging or sitting on lane ropes.
- All non-potty trained children must wear two layers of protection, a disposable swim diaper and a reusable swim diaper.
- For your safety, vacate the pool and pool deck during lightning storms.
- No strollers are permitted on the pool deck.
- Pool will be closed **15** minutes prior to the facility closing
- No profanity or ill-tempered behavior toward other members or Y staff.
- Failure to comply with any of the rules or requests from the lifeguards will result in expulsion from the pool. No exceptions!

McCleskey-East Cobb Family YMCA

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