



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Pool Schedule: December 2017

<u>Monday</u> Open 5:30 AM — Close 8:45 PM	<u>Tuesday</u> Open 5:30 AM — Close 8:45 PM	<u>Wednesday</u> Open 5:30 AM — Close 8:45 PM	<u>Thursday</u> Open 5:30 AM — Close 8:45 PM	<u>Friday</u> Open 5:30 AM — Close 8:45 PM
Adult Lap Swim till 8:45 PM + OPEN Swim till 6 PM	Adult Lap Swim till 8:45 PM + OPEN Swim till 6 PM	Adult Lap Swim till 8:45 PM + OPEN Swim till 8:45 PM	Adult Lap Swim till 8:45 PM + OPEN Swim till 6 PM	Adult Lap Swim till 8:45 PM + OPEN Swim till 8:45 PM
<u>*Tone &amp; Tide</u> <u>(Mary Ann Harris)</u> *Closed to open swim 9 AM - 10:15 AM	<u>*Low Impact</u> <u>Water Aerobics</u> <u>(Cathy Taylor)</u> *Closed to open swim 11:15 AM – 12:15PM	<u>*Tone &amp; Tide</u> <u>(Mary Ann Harris)</u> *Closed to open swim 9 AM - 10:15 AM	<u>*Low Impact</u> <u>Water Aerobics</u> <u>(Cathy Taylor)</u> *Closed to open swim 11:15 AM – 12:15PM	<u>*Tone &amp; Tide</u> <u>(Mary Ann</u> <u>Harris)</u> *Closed to open swim 9 AM - 10:15 AM
Adult Lap Swim till 8:45 PM + OPEN Swim till 6 PM	Adult Lap Swim till 8:45 PM + OPEN Swim till 6 PM	Continue till 8:45 PM  Adult Lap Swim + OPEN Swim	Adult Lap Swim till 8:45 PM + OPEN Swim till 6 PM	Continue till 8:45 PM  Adult Lap Swim + OPEN Swim
<u>*LHS Swim Team</u> 3:30 – 5 PM	<u>*LHS Swim Team</u> 3:30 – 5 PM	<u>*LHS Swim Team</u> 3:30 – 5 PM	<u>*LHS Swim Team</u> 3:30 – 5 PM	<u>*LHS Swim Team</u> 3:30 – 5 PM
		<u>*NEW Aqua Fit</u> <u>(Hannah)</u> *Closed to open swim 5 PM – 6 PM		<u>*21<sup>st</sup> CCLC</u> <u>Swim Program</u> *Closed to open swim 3:30 PM – 5:15 PM
<u>*Swim Team</u> <u>Practice</u> 6 PM – 8 PM *Closed to open swim	<u>*Swim Team</u> <u>Practice</u> 6 PM – 8 PM *Closed to open swim	OPEN Swim till 8:45 PM	<u>*Swim Team</u> <u>Practice</u> 6 PM – 8 PM *Closed to open swim	OPEN Swim till 8:45 PM





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# Pool Schedule: December 2017

<u>Saturday</u> Open 8 AM — Close 6:45 PM	<u>Sunday</u> Open 1 PM — Close 4:45 PM
<b>Adult Lap Swim (Two lanes) + Open Swim</b>	<b>Adult Lap Swim (Two lanes) + Open Swim</b>

## **Aquatic News**

Schedule Begins Wednesday, Dec 1st and is subject to change.

### **Lifeguard Certification Class**

The Twin Pike YMCA is hosting a Lifeguard Certification course December 28<sup>th</sup>, 29<sup>th</sup>, and 30<sup>th</sup>. The Lifeguard Certification is good for two years, plus you will also be ASHI certified in First Aid, CPR, AED, and Oxygen. Please contact Hannah Williams at [hannah.williams.twnpikeymca@gmail.com](mailto:hannah.williams.twnpikeymca@gmail.com) or call the Aquatics Department at 573.754.4497 for details on how to register.

### **LHS Swim Team**

Louisiana High School Girls Swim Team will begin on November 6<sup>th</sup>, 2017. Practices will be held from 3:30 PM to 5 PM Monday – Friday. The season will run from November to February. *Please contact Coach Joe MacLaughlin about joining the team! Email: [Twnpikeyaquatics@sbcglobal.net](mailto:Twnpikeyaquatics@sbcglobal.net)*

### **New Water Aerobics Class**

We are adding a new water aerobics class Aqua Fit- This class is for all fitness levels; it will challenge your muscle endurance, cardio, and flexibility! In this class you will use the water's resistance to work with you, and not against you! Aqua Fit runs from 5 PM - 6 PM on Wednesdays with Hannah!

### **Swim team**

Swim team runs from September – March (depending on championships).

***Stay tuned for new programs in 2018!***

#### **Twin Pike Family YMCA**

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