



# POOL SCHEDULE

## Twin Pike Family YMCA

OCTOBER  
2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM-8:30 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:30 AM-9:30 AM	Lap Swim Tone & Tide	Lap Swim Deep Water Running	Lap Swim Tone & Tide	Lap Swim Deep Water Running	Lap Swim Tone & Tide
10:30 AM-5:30 PM	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim
3:30 PM-5:30 PM		Group Swim Lessons Oct. 15th and 22nd	21 CCLC: School Swim Field Trips	Group Swim Lessons Oct. 15th and 22nd	
5:30 PM-7:30 PM	Swim Team Lanes 1-5	Swim Team Lanes 1-3 Open Swim 6:30-7:30	Swim Team Lanes 1-5	Swim Team Lanes 1-3 Open Swim 6:30-7:30	Swim Team Lanes 1-5
5:30 PM-6:30 PM		Aqua Blast		Aqua Blast	

Time	Saturday
8:00 AM-5:00 PM	Lap Swim Open Swim
Time	Sunday
1:00 PM-5:00 PM	Lap Swim Open Swim

The Pool closes 30 minutes before YMCA closing time  
Contact the Front Desk to check pool availability and make lap swim reservations

Saturday & Sunday may have restricted Open Swim time during Pool Parties or other Programs

**TPFY TORPEDOES FREESTYLE SWIM CLINIC:**  
Oct. 19th 8AM-12PM all swimmers can register  
(See Swim Team Info for details)



# Water Aerobic Description

**Cardio Deep Water Running** – Water belts are worn. so you don't have to be a swimmer. Your head and face are out of the water. At times water dumbbells will be used. At times interval and HITT will be performed. Any level can participate because everyone can go at their own pace. Great fun, challenging, and energizing. So great for your joints and muscles.

**Water Aerobics** – Water fitness class for strengthening, toning and stretching. You will use the kickboard, noodle, & dumbbells. Set to a variety of motivating music from oldies to today's hits. Great workout for all fitness levels.

## Pool Rules

### **Open/Family Swim**

Children age 12 and under must be accompanied by adult (or person 16 or older).  
Under 8 must have adult in the water with child at all times (Red band must be worn).  
Under 18 must pass swim test to swim in deep end.

### **Lap Swim**

1 hour Lap Lanes available by reservation.  
Walk-ins are available pending existing reservation

## Swim Team/ Swim Lessons

**Swim Lessons** (Check with Welcome Center or Aquatics for pricing and schedule sessions)

Baby Shark (Parent/Child Group Lessons) Ages 0-3, 4 classes

Group Swim Lessons, Ages 4-18, 8 classes

Youth Private Swim Lessons, Ages 0-18, 6 classes

Adult Private Swim Lessons, Ages 18 and Up, 4 classes

### **Twin Pike Torpedoes Swim Team**

USA Swimming: Year Round

Heartland Area YMCA: September-March

River Country Summer League: June and July