



North Bay YMCA Aquatics Schedule January 8 - April 1, 2018

Program Descriptions

Parent Assisted Lessons (30-minute lessons)

For members ages 6-24 months. Registration required.
An introductory class for babies/toddlers and parents.

Choose from the following lesson times:

Monday, Friday	10:00am – 10:30am
Monday, Wednesday, Friday	5:00pm – 5:30pm
Tuesday, Thursday	5:30pm – 6:00pm
Monday, Wednesday, Friday	3:00pm – 3:30pm
Saturday	9:30am – 10:00am

Lil' Dippers (30-minute lessons)

For members ages 3-5 years. Registration required.

Choose from the following lesson times:

Monday – Friday (Bobber & Floater)	4:30pm – 5:30pm
Monday, Friday	5:30pm – 7:45pm
Tuesday – Thursday	5:30pm – 7:10pm
Saturday (Bobber & Floater)	9:00am – 9:30am
Saturday	9:30am – 11:50am
Sunday	9:00am – 11:50am

Learn to Swim (30-minute lessons)

For members ages 6-12 years. Registration required.

Choose from the following lesson times:

Monday, Friday	5:30pm – 7:45pm
Tuesday – Thursday	5:30pm – 7:10pm
Saturday	9:30am – 11:50am
Sunday	9:00am – 11:50am

Stars (45-minute lessons)

For members ages 6-12 years. Registration required.

Choose from the following lesson times:

Monday, Friday	5:30pm – 7:45pm
Tuesday – Thursday	5:30pm – 7:10pm
Saturday, Sunday	9:30am – 11:55am

Youth Stroke Correction (Minimum Swimmer Level)

Designed to supplement swim strokes from the Swimmer and Star levels. Members only. Registration required.

Tuesday	7:15pm – 7:45pm
Wednesday	7:15pm – 7:45pm

Youth Synchro (Minimum Star 1 Level)

This synchronized swimming program improves strength, flexibility and breath support while teaching routines and incorporating music. Members only. Registration required.

Thursday	7:00pm – 8:00pm
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Teen/Adult Swim Lessons (Ages 13 years and up)

Are you looking to learn better technique, or want to learn to swim? Our YMCA Swim Instructors will help! Members only. Registration required.

Monday	8:00pm – 8:30pm
Thursday	7:15pm – 7:45pm

Advanced Aquatics

Our aquatic leadership and certification programs (including Standard First Aid, Bronze Medallion, Bronze Cross, Swim Instructor and National Lifeguard) provide the necessary training to become a lifeguard and swim instructor at the YMCA. Ask us for details!

Private Lessons

A focused lesson with one of our swim instructors is a great way to complement a weekly swim lesson or provide the extra attention needed to achieve your or your child's swimming goals. These lessons are available in private and semi-private formats. Ask Member Services for details.



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Fitness Swim Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am – 7:55am		6:00am – 7:30am		6:00am – 7:55am		
	7:30am – 7:55am	7:30am – 7:55am	7:30am – 7:55am			7:30am – 9:00am
9:00am – 1:00pm	8:00am – 11:00am	9:00am – 10:00am	8:00am – 10:00am	9:00am – 1:00pm		
	11:00am – 1:00pm	11:00am – 1:00pm	11:00am – 1:00pm			12:00pm – 2:00pm
1:00pm – 1:55pm	1:00pm – 3:00pm	1:00pm – 1:55pm	1:00pm – 3:00pm	1:00pm – 1:55pm		
3:00pm – 3:30pm	3:00pm – 3:30pm	3:00pm – 3:30pm	3:00pm – 3:30pm	3:00pm – 3:30pm	4:30pm – 5:15pm	4:30pm – 6:30pm
8:00pm – 8:45pm	8:00pm – 9:30pm	8:00pm – 9:30pm			4:30pm – 5:15pm	
8:00pm – 9:30pm					5:15pm – 6:30pm	

■ Minimum 1 Lane
 ■ Swim for Fitness (Registration Required)

Recreation Swim Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30am – 11:00am	10:00am – 11:00am	10:00am – 11:00am		10:30am – 11:00am		
1:00pm – 2:00pm	1:00pm – 2:00pm	1:00pm – 2:00pm	1:00pm – 2:00pm	1:00pm – 2:00pm	2:00pm – 4:30pm	2:00pm – 4:30pm
3:30pm – 4:30pm	3:00pm – 4:30pm	3:30pm – 4:30pm	3:00pm – 4:30pm	3:30pm – 4:30pm		
8:00pm – 8:30pm		8:00pm – 8:30pm		8:00pm – 8:30pm		
				8:00pm – 9:00pm		

■ Family Swim (For families with children 9 years or younger)
 ■ Teen Swim (For teens ages 13 years plus)

Aquatic Wrist Band Procedure: In order to have access to the deep end, swimmers between the ages of 6-9 will need to complete a short swim test. All patrons must adhere to our swim admission standards which can be found at www.ymcnorthbay.com/aquatics.

Fitness Swim: When coming to one of our fitness swims, our lap pool is available for young adults, adults, and seniors to enjoy lane swimming in leisure, medium and fast paced options.

Swim for Fitness: This instructor-led fitness swim will help guide new or experienced swimmers in moving their fitness skills to a whole new level. Members only. Registration required.

Family Swim: Families with children under 9 years of age are invited to use our Splash Pad, Teach Pool and Therapy Pool.

Recreation Swim: Enjoy access to our entire Aquatic Facility. All of our pools are open and all ages are welcome! All participants must adhere to our swim admission standards.

Please Note: The Therapy Pool will be closed during Hydrotherapy, Monday to Thursday from 11:15am to 12:00pm.