



North Bay YMCA Aquatics Schedule April 1 - June 24, 2018

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	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
☰ 10:30 – 11:00am	☰ 10:00 – 11:00am	☰ 10:00 – 11:00am		☰ 10:30 – 11:00am		
1:00pm – 2:00pm	1:00pm – 2:00pm	1:00pm – 2:00pm	1:00pm – 2:00pm	1:00pm – 2:00pm		
☰ 3:30 – 4:30pm	☰ 3:00 – 4:30pm	☰ 3:30 – 4:30pm	☰ 3:00 – 4:30pm	☰ 3:30 – 4:30pm	2:00pm – 4:30pm	2:00pm – 4:30pm
☰ 8:00 – 8:30pm		7:15pm – 8:00pm		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.ymcanorthbay.com/aquatics. *All children under 10 years must be accompanied by someone 16 years or older.

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.



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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:

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

Lil' Dippers (30-minute lessons)

For members ages 3-5 years. Registration required.
YMCA Lil' Dippers is a values-based water activity program for preschoolaged children, 3 to 5 years of age. The levels are Bobber, Floater, Glider, Diver, Surfer and Dipper.

Choose from the following lesson times:

Sunday	9:00am - 9:30am
	9:35am - 10:05am
	10:10am - 10:40am
	10:45am - 11:15am
	11:20am - 11:50am

Saturday (Bobber / Floater only)	9:00am - 9:30am
Saturday	9:30am - 10:00am
	10:05am - 10:35am
	10:40am - 11:10am
	11:15am - 11:45am

Monday to Friday (Bobber / Floater only)	4:30pm - 5:00pm
	5:00pm - 5:30pm

Monday to Friday	5:30pm - 6:00pm
Monday to Friday	6:05pm - 6:35pm
Monday to Friday	6:40pm - 7:10pm
Monday to Friday	7:15pm - 7:45pm

Learn to Swim (30-minute lessons)

For members ages 6-12 years. Registration required.
The YMCA Learn to Swim program is a four-level instructional program that introduces a series of easy to learn skills to the non-swimmer in a values based environment.
Successful completion of the four level progressions indicates that the learner is capable of performing a variety of skills in shallow and deep water, including the fundamentals of the front crawl stroke. The levels are Otter, Seal, Dolphin, Swimmer.

Choose from the following lesson times:

Sunday	9:00am - 9:30am
	9:35am - 10:05am
	10:10am - 10:40am
	10:45am - 11:15am
	11:20am - 11:50am

Saturday	9:30am - 10:00am
	10:05am - 10:35am
	10:40am - 11:10am
	11:15am - 11:45am

Monday to Friday	5:30pm - 6:00pm
Monday to Friday	6:05pm - 6:35pm
Monday to Friday	6:40pm - 7:10pm
Monday to Friday	7:15pm - 7:45pm



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Program Descriptions

Stars (45-minute lessons)

For members ages 6-12 years. Registration required.

The YMCA Star Swimmer Program introduces the swimmer to a wide variety of swimming and water activity skills in a values based environment.

The young swimmer is better able to select a satisfying path toward synchronized swimming, lifesaving, competitive swimming or leadership at the more advanced levels and be confident that the basic instruction has been sound. Water safety education and awareness is a component of instruction at all levels. This program consists of 7 levels: Star 1 to Star 7

Choose from the following lesson times:

Saturday, Sunday 9:30am - 10:15am
 10:20am - 11:05am
 11:10am - 11:55am

Monday to Friday 5:30pm - 6:15pm
Monday to Friday 6:20pm - 7:05pm

Youth Stroke Correction (Minimum Swimmer Level)

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

Tuesday, Wednesday 7:15pm - 7:45pm

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.

Choose from the following lesson times:

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

Advanced Aquatics

Our aquatic leadership and certification programs (including Bronze Medallion, Bronze Cross, Standard First Aid, National Lifeguard and Swim Instructor) provide the necessary training to become a lifeguard and swim instructor. 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 for members or non-members. Ask Member Services for details.