



# North Bay YMCA Aquatics Schedule July 2 - September 9

## Fitness Swim Schedule

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

↓ Minimum 1 Lane    📋 Swim for Fitness (Registration Required)

## Recreation Swim Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					9:30am – 11:00am	9:30am – 11:00am
	👨‍👩‍👧 1:15pm – 4:15pm		👨‍👩‍👧 1:15pm – 4:15pm	👨‍👩‍👧 12:30pm – 5:00pm		
4:30pm – 6:00pm					2:00pm – 4:30pm	2:00pm – 4:30pm
	👨‍👩‍👧 7:00pm – 8:00pm	7:00pm – 8:00pm	👨‍👩‍👧 7:00pm – 8:00pm	6:00pm – 8:30pm		

👨‍👩‍👧 Family Swim (For families with children 9 years or younger)

**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](http://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, Tuesday and Thursday from 12:30pm to 1:15pm.



# North Bay YMCA Aquatics Schedule July 2 - September 9

## Program Descriptions

### **Parent Assisted Lessons** (30-minute lessons)

*For members ages 6-36 months. Registration required.*

An introductory class for babies/toddlers and parents.

*Choose up to 2 one-week blocks Monday to Friday 10:10 am (One week blocks)*

*Choose from the following:*

Monday, Friday                      11:30am  
Tuesday, Wednesday, Thursday   5:40pm

### **Lil' Dippers** (30-minute lessons)

*For members ages 3-5 years. Registration required.*

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

*Choose up to 2 one-week blocks at 9am, 9:35am, 10:10am, or 10:45am.*

OR

Tuesday                      4:30pm, 5:05pm, 5:40pm, 6:15pm  
Or  
Wednesday                      4:30pm, 5:05pm, 5:40pm, 6:15pm  
Or  
Thursday                      4:30pm, 5:05pm, 5:40pm, 6:15pm

### **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 up to 2 one-week blocks at 9am, 9:35am, 10:10am, or 10:45am.*

OR

Tuesday                      4:30pm, 5:05pm, 5:40pm, 6:15pm  
Or  
Wednesday                      4:30pm, 5:05pm, 5:40pm, 6:15pm  
Or  
Thursday                      4:30pm, 5:05pm, 5:40pm, 6:15pm

### **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 up to 2 one-week blocks at 9am, 9:45am, or 10:30am.*

OR

Tuesday                      4:30pm, 5:15pm, 6:00pm  
Or  
Wednesday                      4:30pm, 5:15pm, 6:00pm  
Or  
Thursday                      4:30pm, 5:15pm, 6:00pm



# North Bay YMCA Aquatics Schedule July 2 - September 9

## Program Descriptions

### **Youth Stroke Correction** (Minimum Swimmer Level)

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

Monday, Wednesday                    1:00pm  
Thursday                                    7:00pm

### **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:*

Tuesday, Thursday                    8:00pm

### **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.

### **Bronze Medallion**

Saturday, Sunday - July 7-15

### **Bronze Cross**

Saturday, Sunday - July 21-29            9:00am-2:00pm

### **Bronze Star**

Monday, Friday                                6:00pm-8:00pm  
July 2 - August 2

### **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 detail