



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE - MAY 2023

## CARLISLE FAMILY YMCA

### Main Pool Schedule

#### May 2023

Schedule Begins May 1 and is subject to change. Multiple activities are often scheduled in this pool at the same time.

#### Lap Swimming Tips

- 1 - Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull buoy, etc. before entering the pool.
- 2 - If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.
- 3 - Please choose a lane with swimmers that most nearly match your speed.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5-7am</b> 3 Lap Swim 5 Masters	<b>5-9am</b> 8 Lap Swim	<b>5-7am</b> 3 Lap Swim 5 Masters	<b>5-9am</b> 8 Lap Swim	<b>5-7am</b> 3 Lap Swim 5 Masters		
<b>7-8am</b> 8 Lap Swim	<b>9-10am</b> 2 Lap Swim 6 Classes	<b>7-8am</b> 8 Lap Swim	<b>9-10am</b> 2 Lap Swim 6 Classes	<b>7-8am</b> 8 Lap Swim		
<b>8-10am</b> 2 Lap Swim 6 Classes	<b>10am-1pm</b> 4 Lap Swim 4 Classes	<b>8-10am</b> 2 Lap Swim 6 Classes	<b>10am-3pm</b> 4 Lap Swim 4 Rec swim	<b>8-10am</b> 2 Lap Swim 6 Classes	<b>7-10am</b> 8 Lap Swim	
<b>10-11am</b> 4 Lap Swim 4 Rec Swim	<b>1-3pm</b> 5 Lap Swim 3 Rec Swim	<b>10-11am</b> 4 Lap Swim 4 Rec Swim	<b>3-5pm</b> 2 Lap Swim 6 Swim Team	<b>10-11am</b> 4 Lap Swim 4 Lessons	<b>10am-12pm</b> 1 Lap Swim 7 Lessons	<b>10am-12pm</b> 8 Lap Swim ***
<b>11am-12pm</b> 2 Lap Swim 6 Class	<b>3-5pm</b> 2 Lap Swim 6 Swim Team	<b>11am-12pm</b> 2 Lap Swim 6 Class	<b>5-6:30pm</b> 3 Lap Swim 5 Lessons	<b>11am-12pm</b> 2 Lap Swim 6 Class	<b>12-4pm</b> 4 Lap Swim 4 Rec Swim	<b>12-3pm</b> 4 Lap Swim 4 Rec Swim
<b>12-3pm</b> 5 Lap Swim 3 Rec Swim	<b>5-6:30pm</b> 4 Lap Swim 4 Lessons	<b>12-6pm</b> 4 Lap Swim 4 Rec Swim ***	<b>6:30-8pm</b> 2 Lap Swim 6 Classes	<b>12-8pm</b> 5 Lap Swim 3 Rec Swim		
<b>3-5pm</b> 2 Lap Swim 6 Swim Team	<b>6:30-8pm</b> 2 Lap Swim 6 Classes	<b>6-7:30pm</b> 3 Lap Swim 5 Lessons				*** <b>5/7 &amp; 21</b> <b>10am-12pm</b> 4 Lap Swim 4 Classes
<b>5-6:30pm</b> 4 Lap Swim 4 Rec Swim		<b>7:30-8pm</b> 4 Lap Swim 4 Rec Swim				
<b>6:30-7:30pm</b> 3 Lap Swim 5 Lessons						
<b>7:30-8pm</b> 4 Lap Swim 4 Rec Swim		*** 5/31 <b>3:30-5pm</b> 1 Lap Swim 7 Swim Team				

### CARLISLE FAMILY YMCA

311 S. West St., Carlisle PA 17013 P 717-243-2525 ext 210 E tyoung@carlislefamilyymca.org W carlislefamilyymca.org



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# MAY 2023 WATER EXERCISE CLASS SCHEDULE

## CARLISLE FAMILY YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8-8:50am</b> Wet `N Wild		<b>8-8:50am</b> Wet `N Wild		<b>8-8:50am</b> Wet `N Wild		
<b>9-9:50am</b> Wet `N Wild	<b>9-9:50am</b> Wet `N Wild	<b>9-9:50am</b> Wet `N Wild	<b>9-9:50am</b> Wet `N Wild	<b>9-9:50am</b> Wet `N Wild		
<b>11am-12pm</b> Arthritis Water Exercise		<b>11am-12pm</b> Arthritis Water Exercise		<b>11am-12pm</b> Arthritis Water Exercise		
	<b>6:40-7:30pm</b> Wet `N Wild		<b>6:40-7:30pm</b> Wet `N Wild			

### WATER EXERCISE CLASS DESCRIPTIONS

**Aqua Yoga** – Participants will perform yoga on a floating mat in the pool. The floating mat provides a unique, unstable environment that encourages participants to engage core muscles and improve balance while sitting, kneeling or standing.

**Wet `N Wild** - High energy class for total body conditioning! Primarily uses shallow water.

**Arthritis Water Exercise** - This class will help you gain range of motion in your joints as well as build strength in all major muscle groups. Some cardiovascular conditioning included.

**WATER EXERCISE CLASSES ARE FOR AGES 13 AND UP.**

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### ARE YOU INTERESTED IN BECOMING A WATER EXERCISE INSTRUCTOR?

We are looking to expand our Water Fitness offerings to include some higher intensity water exercise classes. Contact Aquatics Director Tara Young (see below) for more information!

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