



July 15—28, 2024 POOL SCHEDULES

NORTH CANTON YMCA | 330.499.2587

	LARGE POOL			SMALL POOL
	OPEN SWIM	LAP SWIM	WATER FITNESS	OPEN SWIM
MONDAY	12:30p-6:25p OPEN SWIM POLICY ON BACK OF PAGE	5:15a-7:25a (6) 11:00a-6:25p (3) 7:45p-9:45p (2) <small>After 8:15p only 2 lane markers will be in the pool (set up for Tuesday Aerobics) but all of the pool is available for LAP SWIM. You must be a Green Band, High School or an adult.</small>	9:15am—10:00am Shallow Water Aerobics 10:10am—10:50am Arthritis Class	12:30p-6:00p OPEN SWIM POLICY ON BACK OF PAGE
TUESDAY	11:45a-4:50p 6:15p-9:45p OPEN SWIM POLICY ON BACK OF PAGE	5:15a-6:15a (2) 6:15a-7:25a (6) 10:10a-4:50p (3) 6:15p-9:45p (3)	5:30am—6:15am Deep Water Aerobics 9:15am—10:00am Shallow Water Aerobics	11:45a-8:30p OPEN SWIM POLICY ON BACK OF PAGE
WEDNESDAY	3:50p-9:45p OPEN SWIM POLICY ON BACK OF PAGE	5:15a-7:25a (6) 11:00a-1:00p (1) 1:00p-3:50p (2) 3:50p-9:45p (3)	9:15am—10:00am Deep Water Aerobics 10:10am—10:50am Arthritis Class	2:30p-8:30p OPEN SWIM POLICY ON BACK OF PAGE
THURSDAY	11:30a-4:50p OPEN SWIM POLICY ON BACK OF PAGE	5:15a-6:15a (2) 6:15a-7:25a (6) 10:10a-4:50p (3) 6:15p-7:45p (1) 7:45p-9:45p (6)	5:30am—6:00am Deep Water Aerobics 9:15am—10:00am Shallow Water Aerobics	12:00p-5:45p OPEN SWIM POLICY ON BACK OF PAGE
FRIDAY	1:15p-8:45p OPEN SWIM POLICY ON BACK OF PAGE	5:15a-8:40a (6) 10:40a-11:15a (3) 11:15a-1:00p (6) 1:00p-8:45p (3)	9:00am—9:40am Deep Water Aerobics 9:50am—10:30am Arthritis Class	1:15p-8:15p OPEN SWIM POLICY ON BACK OF PAGE
SATURDAY	11:30a-5:45p OPEN SWIM POLICY ON BACK OF PAGE	6:00a-8:15a (6) 10:15a-5:45p (3)	9:15am—10:00am Shallow Water Aerobics	CLOSED LOOK FOR OPEN SWIM AVAILABILITY IN LARGE POOL
SUNDAY	1:15p-4:45p OPEN SWIM POLICY ON BACK OF PAGE	10:15a-1:00p (6) 1:00p-4:45p (3)		1:15p-4:45p OPEN SWIM POLICY ON BACK OF PAGE

Pool rules, regulations, and class descriptions on back.



POOL RULES & REGULATIONS

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Whirlpool	For members at least 18 years of age and must be out of high school.
Sauna	For members at least 18 years of age and must be out of high school.
Lap Lane Policy	(#) is the # of lap lanes available at that time Green banded swimmers, High School and Adults ONLY: Lap swim only.
SMALL POOL	Small Pool is for families with small children 10 and under. Depth: 2.5 to 3.5 feet
Open Swim Policy	To swim without a parent or guardian, children must be: 6 years of age or older AND 48" tall (YELLOW BAND) OR have passed the deep water test (GREEN BAND). This applies whether they are using the small pool or large pool.
Deep Water Test Requirements	Required For anyone 6 years & up to high school to swim in the deep end of the large pool. Swim one length of pool (25 yds.), front crawl with face in water, breathing without hesitation and above water arm recovery. Jump in the deep end and resurface. Tread water for 30 seconds. Float on back and go from floating position to prone/standing position. At the guard's discretion, participant may be asked to retake the test at any time.
Deep Water Testing Schedule	Required For anyone 6 years & up to high school to swim in the deep end of the large pool. Contact the Aquatic Director
Wristband Color System	Yellow Band: Ages 6+ and 48 inches tall (lifeguard will measure child on pool deck at 1st visit). If make height requirement the child then will be able to swim without a parent. On next visit child must get wrist band upon entering building at Membership Desk. Child not permitted in lap lanes or deep end. Green Band: Ages 6+ and have passed the Deep Water test. Deep Water testing occurs Saturdays, 12:00pm-12:15pm or contact Aquatic Director. On next visit child must get wrist band upon entering building at Membership Desk.
Swim Lesson Placement	Not sure what stage your swimmer is in? Contact the Aquatic Director

Water Fitness Class Descriptions

CLASS NAME	LENGTH	DESCRIPTION
Shallow Water Aerobics	40/45 min	High intensity aerobic workout; low impact. Water resistance tones and strengthens muscles.
Deep Water Aerobics	30/40/45 min	High intensity aerobic workout; no impact. Water resistance tones and strengthens muscles. Ski/jogging belts worn for support.
Arthritis Exercise	40 min	Low intensity and impact. Workouts in shallow end of pool.
Aqua Zumba	45 min	Less impact on your joints so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.