



Oct. 21—27, 2024 POOL SCHEDULES

NORTH CANTON YMCA | 330.499.2587

	LARGE POOL			SMALL POOL
	OPEN SWIM	LAP SWIM	WATER FITNESS	OPEN SWIM
MONDAY	11:30a-1:00p SEE BACK FOR OPEN SWIM POLICY	5:15a-8:40a (6) 10:40a-1:00p (4) 1:00p-2:55p (6) 7:15p-7:45p (1) 7:45p-9:45p (2) <small>After 8:15p only 2 lane markers will be in but all of the pool available for lap swim only.</small>	9:00am—9:40am Shallow Water Aerobics 9:50am—10:30am Arthritis Class	11:30a-1:00p SEE BACK FOR OPEN SWIM POLICY
TUESDAY	11:30a-1:00p SEE BACK FOR OPEN SWIM POLICY	5:15a-6:15a (2) 6:15a-8:15a (6) 9:45a-10:30a (2) 10:30a-11:15a (3) 11:15a-1:00p (4) 1:00p-2:55p (6) 7:10p-7:45p (4) 7:45p-9:45p (6)	5:30am—6:15am Deep Water Aerobics 8:40am—9:25am Aqua Zumba	11:30a-1:00p SEE BACK FOR OPEN SWIM POLICY
WEDNESDAY	11:50a-1:00p SEE BACK FOR OPEN SWIM POLICY	5:15a-8:40a (6) 10:40a-11:15a (2) 11:14a-11:40a (3) 11:50a-1:00p (4) 1:00p-2:55p (6) 7:45p-9:45p (2) <small>After 7:45p only 2 lane markers will be in but all of the pool available for lap swim only.</small>	9:00am—9:40am Deep Water Aerobics 9:50am—10:30am Arthritis Class	12:00p-1:00p SEE BACK FOR OPEN SWIM POLICY
THURSDAY	11:30a-1:00p 7:15p-9:45p SEE BACK FOR OPEN SWIM POLICY	5:15a-6:15a (2) 6:15a-8:15a (6) 9:45a-10:30a (2) 10:30a-11:15a (3) 11:15a-1:00p (4) 1:00p-2:55p (6) 7:15p-9:45p (3)	5:30am—6:00am Deep Water Aerobics 8:40am—9:25am Shallow Water	11:30a-1:00p 6:40p-8:00p SEE BACK FOR OPEN SWIM POLICY
FRIDAY	6:15p-8:45p SEE BACK FOR OPEN SWIM POLICY	5:15a-8:40a (6) 10:40a-11:15a (5) 11:15a-1:55p (6) 4:20p-8:45p (3)	9:00am—9:40am Deep Water Aerobics 9:50am—10:30am Arthritis Class	CLOSED LOOK FOR OPEN SWIM AVAILABILITY IN LARGE POOL
SATURDAY	POOL AREA CLOSED 12:00p—8:00p NEMESIS SWIM MEET (includes whirlpool and sauna)	6:00a-8:15a (6) 10:15a-11:00a (2) POOL AREA CLOSED 12:00p—8:00p NEMESIS SWIM MEET (includes whirlpool and sauna) 8:00p-8:45p (6)	9:15am-10:00am Shallow Water Aerobics	POOL AREA CLOSED 12:00p—8:00p NEMESIS SWIM MEET (includes whirlpool and sauna)
SUN.	1:15p-4:45p SEE BACK FOR OPEN SWIM POLICY	10:15a-1:00p (6) 1:00p-4:45p (3)		1:15p-4:45p SEE BACK FOR OPEN SWIM POLICY

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.
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 to make appointment.
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. Contact Aquatic Director to schedule a test. If child passes the green band test then on next visit the child must get wristband upon entering the building at Membership Desk.
Swim Lesson Placement	Not sure what stage your swimmer is in? Contact the Aquatic Director to make appointment.

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.