

Y TRAINING POOL

We build strong kids, strong families, strong communities.

August 2010 SCHEDULE

Monday					
Time	Activity	Note	Time	Activity	Note
5:30-7:00am	AOT		12:00-1:00pm	Healthy Joints	
7:00-8:00am	AFYAP		1:00-1:55pm	AFYAP	
8:00-9:00am	AFYAP		2:00-2:55pm	AOT	
9:00-10:00am	AOT		3:00-8:30pm	Swim Lessons	
10:00-12:00am	AFYAP	1 class an Hour	8:35-10:00pm	AOT	
Tuesday					
Time	Activity	Note	Time	Activity	Note
5:30-8:00am	AOT		1:05-3:25pm	AOT	
8:00-9:00am	Sculpt & Tone		3:30-7:30pm	Swim Lessons	
9:00-10:55am	Open Swim	0-5 w/ Parents	7:35-8:55pm	Open Swim	
11:00-12:00pm	AFYAP		9:00-10:00pm	AOT	
12:00-1:00pm	Stretch & Strengthen				
Wednesday					
Time	Activity	Note	Time	Activity	Note
5:30-7:00am	AOT		12:00-1:00pm	Healthy Joints	
7:00-8:00am	AFYAP		1:00-1:55pm	AFYAP	
8:00-9:00am	AFYAP		2:00-2:55pm	AOT	
9:00-10:00am	AOT		3:00-8:30pm	Swim Lessons	
10:00-12:00am	AFYAP	1 class an Hour	8:35-10:00pm	AOT	
Thursday					
Time	Activity	Note	Time	Activity	Note
5:30-8:00am	AOT		1:05-3:25pm	AOT	
8:00-9:00am	Sculpt & Tone		3:30-7:30pm	Swim Lessons	
9:00-10:55am	Open Swim	0-5 w/ Parents	7:35-8:55pm	Open Swim	
11:00-12:00pm	AFYAP		9:00-10:00pm	AOT	
12:00-1:00pm	Stretch & Strengthen				
Friday					
Time	Activity	Note	Time	Activity	Note
5:30-7:00am	AOT		12:00-1:00pm	Healthy Joints	
7:00-8:00am	AFYAP		1:00-2:00pm	AFYAP	
8:00-9:00am	AFYAP		2:00-2:55pm	AOT	
9:00-10:00am	AOT		3:00 -7:30pm	Swim Lessons	
10:00-11:00am	AFYAP		7:35-8:55pm	Open Swim	
11:00-12:00pm	AFYAP		9:00-10:00pm	AOT	
Saturday					
Time	Activity	Note	Time	Activity	Note
7:00-8:55am	AOT		2:35-5:30pm	Open Swim	
9:00-2:30 pm	Swim Lessons		5:30-6:30pm	AOT	
Sunday					
Time	Activity	Note	Time	Activity	Note
12:00-2:25pm	AOT		4:30-5:30pm	AOT	
2:30-4:30pm	Open Swim				

BURBANK COMMUNITY YMCA

Providing people of all ages lifelong opportunities to become stronger in spirit, mind and body.
 321 Magnolia Blvd. • Burbank, CA 91502-1132 • v:818.845.8551 • f:818.845.0785 • burbankymca.org

Y TRAINING POOL

We build strong kids, strong families, strong communities.

AOT - (Adult Open Training) Open time for ages 18 & up to do their own workout or exercises.

A.F.Y.A.P. - (Arthritis Foundation YMCA Aquatics Program) All classes are the same level. Registration is required monthly for AFYAP and the dates are posted on the pool deck and at Member Services.

HEALTHY JOINTS - This is a class designed to be more advanced than AFYAP, while continuing to focus on exercises that promote Healthy Joints. This is **not** an Arthritis Foundation class.

NOTE: To maintain a safe environment, the Healthy Joints and Stretch & Strengthen classes will be closed to participants 10 minutes after they begin. The instructor will have the final say.

FAMILY SWIM: Family Swim Night is an open swim time for kids and their families. Please refer to the pool rules.

Membership Required for all activities

POOL RULES

1. You **must** take a cleansing shower before entering the pool.
2. All swimmers five years old and under **must** be accompanied by a parent or adult guardian who can swim.
3. If you are a non-swimmer, and are over the age of five, you **must** have a Coast Guard approved Personal Flotation Device or be at least 4 ½ feet tall. Non Swimmers are not allowed in the deep end. (Lifeguard has final say on flotation devices.)
4. **Listen to the lifeguard at all times. They have the final say on all pool rules.**
5. **No** running on the pool deck.
6. **No** diving in the Training pool. Diving is only permitted in the Lap pool at the 9ft depth.
7. **No** rough housing, chicken fights or piggyback rides.
8. **No** food, gum or drinks. (Plastic water bottles are ok)
9. Kick boards, water buoys and noodles are to be used for instructional purposes only. Children must have lifeguard approval first.
10. Persons with open wounds, skin lesions, sores or inflamed eyes or mouth, nose or ear discharge, or who may be a carrier of micro-organisms of any communicable disease, shall not use the pool.
11. Urinating, expectorating, spitting or blowing your nose in the pool is prohibited.
12. Persons not dressed for swimming will not be allowed on the deck. Changing clothes or dressing on the pool deck will not be permitted.
13. Plastic diaper covers must be worn over diapers for children who are not potty trained.

BURBANK COMMUNITY YMCA

Providing people of all ages lifelong opportunities to become stronger in spirit, mind and body.
321 Magnolia Blvd. • Burbank, CA 91502-1132 • v:818.845.8551 • f:818.845.0785 • burbankymca.org

