



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRAINING POOL SCHEDULE

January-April 2020



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LAP POOL SCHEDULE

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Schedule is subject to change

Lap Swimming Tips
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 bouys, etc. before entering the pool. Ages 15+

Directions
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.

Speed
Please try to choose a lane with swimmers that most nearly match your speed.

ADA
Aquatics pool lift is available. Pools are ADA accessible. Multiple activities are often scheduled in this pool at the same time.

Water Fitness Classes
Ages 8+ may participate in class with an Adult.

Water Jogging
Water Jogging is only allowed from 10:15am-11:55am in the stairs lane, if lap swimmers need the lane there will be no water jogging.

At least 1 lane is available for Lap Swim during Swim Lessons.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Monday	5:30-8:55a Lap Swim	5:30-8:55a Lap Swim	5:30-8:55a Lap Swim	5:30-8:55a Lap Swim	5:30-8:55a Lap Swim	7:00-8:00a Adult Open Training	9:00-10:00a Adult Open Training
Tuesday	9:00-9:55a Aqua Burn Gina	9:00-9:55a Deep H2O Bonnie	9:00-9:55a Aqua Burn Mo	9:00-9:55a Aqua HIIT Mo	9:00-9:55a Finning Bonnie	9:00-9:55a Aqua Burn Mo/Gina	11:05a-1:00p Family Open Swim
Wednesday	10:05-1:00pm Lap Swim	10:05-1:00pm Lap Swim	11:05-1:00pm Lap Swim	10:05-1:00pm Lap Swim	10:05-1:00pm Lap Swim	10:00a-3:00p Swim Lessons	
Thursday	1:00-1:55p Family Open Swim	1:00-1:55p Family Open Swim	1:00-1:55p Family Open Swim	1:00-1:55p Family Open Swim	1:00-1:55p Family Open Swim	3:05-6:15p Family Open Swim / Lap Swim	
Friday	3:00-6:00p Swim Lessons	3:00-6:30p Swim Lessons	3:00-6:00p Swim Lessons	3:00-6:30p Swim Lessons	3:00-6:30p Swim Lessons		
Saturday	6:00-7:15 Swim Team	6:30-7:45p Swim Team	6:00-7:15 Swim Team	6:30-7:45p Swim Team	6:35-9:30p Lap Swim		
Sunday	7:30-8:25p Aqua Burn Gina	7:50-9:30p Lap Swim	7:30-8:25p Aqua Burn Gina	7:50-9:30p Lap Swim			
	8:30-9:30p Lap Swim		8:30-9:30p Lap Swim				

Pool is CLOSED from 2:00-3:00pm Monday-Friday

Rev: 2/26/20

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Open Training 15 years + only Open Exercise; which includes any form of swimming and usage of fitness equipment is allowed.	5:30-6:55a Adult Open Training	5:30-6:55a Adult Open Training	5:30-6:55a Adult Open Training	5:30-6:55a Adult Open Training	5:30-6:55a Adult Open Training	7:00-8:00a Adult Open Training	9:00-10:00a Adult Open Training
Water Exercise Classes <u>Max capacity for classes is 16.</u> Everyone must be on time for classes, if late you must wait for next class or instructor's approval. 15 years +	7:00-7:55a Balance & Core Gina	7:00-7:55a Hot Potato!	7:00-7:55a Balance & Fit Bonnie	7:00-7:55a Hot Potato!	7:00-7:55a Balance & Fit Bonnie	8:05-8:55a Family Open Swim	10:00-1:00p Family Open Swim
Swim Lessons Training Pool will be <u>CLOSED</u> from 3:00-6:30pm for swim lessons	8:00-8:55a Aqua Arthritis Exercise Gina	8:00-10:55a Family Open Swim	8:00-8:55a Aqua Arthritis Exercise Bonnie	8:00-10:55a Family Open Swim	8:00-8:55a Aqua Arthritis Exercise Bonnie	9:00-2:00p Swim Lessons	
Family Open Swim Adult must be with a child under the age of 8 at all times. One adult for every two children in with water. Pool Equipment cannot be used at this time. This includes, Kickboards, Water Toys, Water Weights, and Swim Noodles etc.	9:00-9:55a Adult Open Training	11:00-11:55p Aqua Arthritis Exercise Veronic	9:00-9:55a Adult Open Training	11:00-11:55p Aqua Arthritis Exercise Veronic	9:00-9:55a Adult Open Training	2:05-3:55p Family Open Swim	
Aquatic Personal Training is a fee based program, if interested please email Aquatics Director: jennifer@burbankymca.org	10:00-10:55a Aqua Arthritis Exercise Kathe	12:00-12:55p Therapeutic Arthritis Veronic	10:00-10:55p Aqua Arthritis Exercise Kathe	12:00-12:55p Therapeutic Arthritis Veronic	10:00-10:55a Aqua Arthritis Exercise Veronic	4:00-4:55p Stretch & Strengthen Marti	
	11:00-11:55p Aqua Arthritis Exercise Kathe	1:00-1:55p Stretch & Strengthen Marti	11:00-11:55p Healthy Joints Kathe	1:00-1:55pm Stretch & Strengthen Marti	11:00-11:55p Aqua Arthritis Exercise Veronic	5:00-6:15p Family Open Swim	
	12:00-1:55p Pool Closed for Aquatic Personal Training	POOL CLOSED FROM 2:00-3:00P	12:00-1:55p Pool Closed for Aquatic Personal Training	POOL CLOSED FROM 2:00-3:00P	12:00-12:25p Family Open Swim	12:30-1:55p Pool Closed for Aquatic Personal Training	
	POOL CLOSED FROM 2:00-3:00P	3:00-6:30p Swim Lessons	POOL CLOSED FROM 2:00-3:00P	3:00-6:30p Swim Lessons	POOL CLOSED FROM 2:00-3:00P	POOL CLOSED FROM 2:00-3:00P	
	3:00-6:30p Swim Lessons	6:35-7:55p Family Open Swim	3:00-6:30p Swim Lessons	6:35-7:55p Family Open Swim	3:00-7:30p Swim Lessons		
	6:35-7:30p Family Open Swim	8:00-9:30p Adult Open Training	6:35-7:30p Family Open Swim	8:00-9:30p Adult Open Training	7:35-8:00p Family Open Swim		
	7:35-9:30p Adult Open Training		7:35-9:30p Adult Open Training		8:05-9:30p Adult Open Training		