



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY LIVING

## POOL SCHEDULE GREENVILLE BRANCH

JANUARY 7<sup>TH</sup>-31<sup>ST</sup>, 2018

In our continuing effort to provide the highest safety standards for our members and guests, there will always be at least one lifeguard on duty.

A responsible adult must be in the water with children 7 years of age and younger. If a child is 8 or older and is able to pass a swim test provided by the Y lifeguard, the parent or guardian can leave the pool area as long as they stay in the facility.

Children must be able to pass a swim test given by the Y lifeguard in order to swim in the deep end.

(\* Denotes number of lap lanes available for lap swimming. Please note that there are no lap lanes available during swim lessons. This is to increase the safety of the children participating in these activities. Thank You.

- Designates Healthy Living Class/ Swim Lessons / Rental
- Designates Adult Open Swim
- Designates Open Swim
- Designates the Pool is Closed
- Designated swim team practice

We will host a swim meet January 19<sup>th</sup>. The pool will be closed during the following times.  
January 19<sup>th</sup>: 5:00PM-Close

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>GHS Swimteam*</b> 5:00am-7:00am	<b>Adult Swim**</b> 5:00am-7:00am	<b>GHS Swimteam*</b> 5:00am-7:00am	<b>Adult Swim**</b> 5:00am-7:00am	<b>Adult Swim**</b> 5:00am-7:00am		
	<b>Open Swim**</b> 7:00am-8:00am	<b>Open Swim**</b> 7:00am-9:00am	<b>Open Swim**</b> 7:00am-8:00am	<b>Open Swim**</b> 7:00am-9:00am	<b>Open Swim**</b> 7:00am-8:00am		<b>Open Swim**</b> 7:00am-10:30am
	<b>Power Wave**</b> 8:00-8:45am		<b>Power Wave**</b> 8:00-8:45am		<b>Power Wave**</b> 8:00-8:45am		
	<b>Aqua Motion**</b> 9:00-9:45 am	<b>Aqua Motion**</b> 9:00-9:45 am	<b>Aqua Motion**</b> 9:00-9:45am	<b>Aqua Motion**</b> 9:00-9:30am	<b>Aqua Motion**</b> 9:00-9:45am		
	<b>Adventures in the Deep &amp; Shallow 'n Fit**</b> 10:00-10:45am	<b>Open Swim**</b> 9:45-10:30am	<b>Adventures in the Deep &amp; Shallow 'n Fit**</b> 10:00-10:45am	<b>Aqua Zumba*</b> 9:30-10:15am	<b>Adventures in the Deep &amp; Shallow 'n Fit</b> 10:00-10:45am <small>2 lanes reserved for swim lessons until 11am</small>	<b>Swim Lessons</b> 10:30am-12:00pm	
	<b>Open Swim**</b> 10:45am-12:00pm	<b>Silver Splash</b> 11:10-11:55am	<b>Open Swim**</b> 10:45am-12:00pm	<b>Silver Splash</b> 11:10-11:55am	<b>Open Swim**</b> 10:45am-12:00pm		
	<b>Adult Swim**</b> 12:00pm-2:00pm	<b>Adult Swim**</b> 12:00pm-2:00pm	<b>Adult Swim**</b> 12:00pm-2:00pm	<b>Adult Swim**</b> 12:00pm-2:00pm	<b>Adult Swim**</b> 12:00pm-2:00pm	<b>Open Swim**</b> 12:00pm-4:30pm	
	<b>Open Swim**</b> 2:00pm-5:30pm	<b>Open Swim**</b> 2:00pm-3:00pm	<b>Open Swim**</b> 2:00pm-5:30pm	<b>Open Swim**</b> 2:00pm-3:00pm	<b>Open Swim**</b> 2:00pm-3:00pm		
		<b>GHS Swimteam*</b> 3:00pm-4:30pm		<b>GHS Swimteam*</b> 3:00pm-4:30pm	<b>GHS Swimteam*</b> 3:00pm-4:00pm		
		<b>Open Swim**</b> 4:30pm-6:00pm		<b>Open Swim**</b> 4:30pm-5:30pm	<b>Swim Lessons</b> 4:00-4:30pm		
<b>Swim Team Practice</b> 5:30pm-7:30pm	<b>Swim Lessons</b> 6:00pm-7:00pm	<b>Swim Team Practice</b> 5:30pm-7:30pm	<b>Swim Team Practice</b> 5:30pm-7:30pm	<b>Open Swim**</b> 4:30pm-9:00pm			
	<b>H2O Stretch &amp; Destress**</b> 7:00pm-7:45pm						
<b>Open Swim**</b> 7:30pm-9:00pm	<b>Open Swim**</b> 7:45pm-9:00pm	<b>Open Swim**</b> 7:30pm-9:00pm	<b>Open Swim**</b> 7:30pm-9:00pm				