



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CSD COMMUNITY YMCA POOL SCHEDULE | JANUARY, 2019

SAFE POOLS HAVE RULES

- Lifeguards have complete authority to enforce rules.
- Swimming without a lifeguard present is prohibited.
- All swimmers and pool participants must shower completely before entering pools.
- Breath-holding activities are not permitted.
- Proper swimming attire must be worn at all times – no cut off shorts or t-shirts. Water diapers are required for swimmers not toilet trained.
- Swimming attire that restricts moving ability is also prohibited.
- All flotation devices must be Coast Guard approved with parent accompaniment in the water. No air-inflatables.
- Food, drink, and glass items are not permitted in the pool area and locker rooms.
- Distracting, inappropriate, and/or unsafe activities will be stopped immediately. This is to include running, pushing, dunking, roughhousing, diving, flips, twists, backward jumps and hanging on lifelines or lane markers.
- Children 11 years of age or younger must be accompanied by an adult (18 years of age or older).
- Enter the water facing forward, feet first. Diving headfirst is prohibited.
- Use of diving blocks is prohibited unless accompanied by a certified instructor or coach.
- Person with bandages, open cuts, wounds, sores, boils, contagious rashes or infections are not allowed in the pool.
- In order to minimize water in the locker rooms and lobby, please dry off and remove water shoes before entering.
- To keep pool deck free of hazards, please put all toys and water exercise equipment away after use.
- YMCA is not responsible for lost or stolen articles.

The YMCA swim team's adjusted holiday schedules are posted on the pool deck. – OR – You may visit their website at swimrays.com.

CSD Community YMCA reserves the right to change the schedule to accommodate new programming, pool parties, or any other event, without notice, if necessary.

CSD Community YMCA does not guarantee anyone their own lane for lap swim. If you wish to swim laps, you might have to share a lane with other members. In this event circle swimming is required.

CSD Community YMCA
5485 Charlotte Highway
Clover, SC 29710
803.831.9622
Upymca.org

Branch Hours
M–F: 5:00AM-9:30PM
S: 8:00AM-6:00PM
Su: 1PM-6PM

Pool Hours
M–F: 5:30AM-9:00PM
S: 8:00AM-5:30PM
Su: 1:00PM-5:30PM

Childwatch Hours
M–F: 8:00AM-12:00PM & 4:00PM-8:00PM
S: 8:00AM-12:00PM
S: No Childwatch Hours Available



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CSD COMMUNITY YMCA POOL SCHEDULE | JANUARY, 2019

CSD FOURTH GRADE SWIM LESSONS

There will be weeks where both pools at the CSD Community YMCA will be closed from 9:15am – 11:00am and occasionally 12:15pm – 1:00pm for the CSD Fourth Grade Kicking with Confidence Learn-to-Swim program. Members and staff will be notified monthly of each closure. The Rock Hill Aquatics Center YMCA's pools are open for members during these closures. Thank you for your support in this great program!

Tuesday, January 22 – Friday, January 25 – Kinard – 9:30am-11:00am

Tuesday, February 19 – Friday, February 22 – Crowders Creek – 9:30am-11:00am AND 12:15-1:00pm

The YMCA swim team's adjusted holiday schedules are posted on the pool deck. – OR – You may visit their website at swimrays.com.

CSD Community YMCA reserves the right to change the schedule to accommodate new programming, pool parties, or any other event, without notice, if necessary.

CSD Community YMCA does not guarantee anyone their own lane for lap swim. If you wish to swim laps, you might have to share a lane with other members. In this event circle swimming is required.

CSD Community YMCA
5485 Charlotte Highway
Clover, SC 29710
803.831.9622
Upymca.org

Branch Hours
M–F: 5:00AM-9:30PM
S: 8:00AM-6:00PM
Su: 1PM-6PM

Pool Hours
M–F: 5:30AM-9:00PM
S: 8:00AM-5:30PM
Su: 1:00PM-5:30PM

Childwatch Hours
M–F: 8:00AM-12:00PM & 4:00PM-8:00PM
S: 8:00AM-12:00PM
Su: No Childwatch Hours Available



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CSD COMMUNITY YMCA POOL SCHEDULE | JANUARY, 2019

INDOOR 4-LANE EXERCISE POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WW & FS L – 1-2 LAP SWIM L – 3-4 5:30AM-8:00AM	WW & FS L – 1-2 LAP SWIM L – 3-4 5:30AM-8:00AM	WW & FS L – 1-2 LAP SWIM L – 3-4 5:30AM-8:00AM	WW & FS L – 1-2 LAP SWIM L – 3-4 5:30AM-8:00AM	WW & FS L – 1-2 LAP SWIM L – 3-4 5:30AM-8:00AM	WATER AEROBICS* 8:05AM - 8:50AM
WATER AEROBICS* 8:05AM-8:55AM	WW & FS L – 1-2 LAP SWIM L – 3-4 9:00AM-10:00AM	WATER AEROBICS* 8:05AM-8:55AM	WW & FS L – 1-2 LAP SWIM L – 3-4 9:00AM-10:00AM	WATER AEROBICS* 8:05AM-8:55AM	WATER AEROBICS* 9:00AM - 9:45AM
WATER AEROBICS* 9:30AM-10:20AM	YMCA SWIM LESSONS** 10:00-11:00AM	WATER AEROBICS* 9:30AM-10:20AM	YMCA SWIM LESSONS** 10:00-11:00AM	WW & FS L – 1-2 LAP SWIM L – 3-4 9:00AM-11:00AM	YMCA SWIM LESSONS** 10:00AM-12:15PM
WATER AEROBICS* 11:00AM-11:50AM	WW & FS L – 1-2 LAP SWIM L – 3-4 11:00AM-4:30PM	WATER AEROBICS* 11:00AM-11:50AM	WATER AEROBICS* 11:00AM-11:50AM	WATER AEROBICS* 11:00AM-11:50AM	WW & FS L – 1-2 LAP SWIM L – 3-4 12:15PM-3:00PM
WATER AEROBICS* 12:00PM-12:45PM	YMCA SWIM LESSONS** 4:30PM-7:00PM	WW & FS L – 1-2 LAP SWIM L – 3-4 12:00PM-4:45PM	WW & FS L – 1-2 LAP SWIM L – 3-4 12:00PM-4:30PM	WW & FS L – 1-2 LAP SWIM L – 3-4 12:00PM-4:45PM	FAMILY SWIM 3:00PM-4:00PM
WW & FS L – 1-2 LAP SWIM L – 3-4 1:00PM-4:45PM	WW & FS L – 1-2 LAP SWIM L – 3-4 7:00PM-9:00PM	WW & FS L – 1-2 YMCA SWIM TEAM L – 3-4 4:45PM-7:10PM	YMCA SWIM LESSONS** 4:30PM-7:00PM	WW & FS L – 1-2 YMCA SWIM TEAM L – 3-4 4:45PM-7:10PM	WW & FS L – 1-2 LAP SWIM L – 3-4 4:00PM-5:30PM
WW & FS L – 1-2 YMCA SWIM TEAM L – 3-4 4:45PM-7:10PM		WW & FS L – 1-2 LAP SWIM L – 3-4 7:10PM-9:00PM	WATER AEROBICS&* 7:15PM-8:00PM (NO CLASS DEC 27)	WW & FS L – 1-2 LAP SWIM L – 3-4 7:10PM-9:00PM	SUNDAY
WATER AEROBICS&* 7:15PM-8:00PM			WW & FS L – 1-2 LAP SWIM L – 3-4 8:00PM-9:00PM		WW & FS L – 1-2 LAP SWIM L – 3-4 1:00PM-3:00PM
WW & FS L – 1-2 LAP SWIM L – 3-4 8:00PM-9:00PM					FAMILY SWIM 3:00PM-4:00PM
					WW & FS L – 1-2 LAP SWIM L – 3-4 4:00PM-5:30PM

L-#: Indicates lap lanes available during that period of time.
 WW & FS = Water Walking and Family Swim in two open lanes
 *Water aerobics classes will take ¼ of the pool. There will be ¼ of the pool (near the steps by the pool windows) for family swim during water aerobics class times.
 **YMCA Swim Lessons ¼ of the pool. There will be ¼ of the pool (near the steps by the pool windows) for family swim during swim lessons class times.

The YMCA swim team's adjusted holiday schedules are posted on the pool deck. – OR – You may visit their website at swimrays.com.
 CSD Community YMCA reserves the right to change the schedule to accommodate new programming, pool parties, or any other event, without notice, if necessary.
 CSD Community YMCA does not guarantee anyone their own lane for lap swim. If you wish to swim laps, you might have to share a lane with other members. In this event circle swimming is required.

CSD Community YMCA
5485 Charlotte Highway
Clover, SC 29710
803.831.9622
Upymca.org

Branch Hours
 M–F: 5:00AM-9:30PM
 S: 8:00AM-6:00PM
 Su: 1PM-6PM

Pool Hours
 M–F: 5:30AM-9:00PM
 S: 8:00AM-5:30PM
 Su: 1:00PM-5:30PM

Childwatch Hours
 M–F: 8:00AM-12:00PM & 4:00PM-8:00PM
 S: 8:00AM-12:00PM
 S: No Childwatch Hours Available



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JANUARY 2019 | WATER AEROBICS SCHEDULE

Monday	8:05-8:55am	Aqua Conditioning	Lindsay S.
	9:30-10:20am	Water Wellness	Pat C.
	11:00-11:50am	Water Wellness	Pat C.
	12:00-12:45pm	SilverSneakers Splash	Birgitt Z.
	7:15-8:00pm	Aqua Dance*	Sarah G.
Tuesday			
Wednesday	8:05-8:55am	Aqua Conditioning	Lindsay S.
	9:30-10:20am	Water Wellness	Pat C.
	11:00-11:50am	Water Wellness	Pat C.
Thursday	11:00-11:50am	Water Wellness	Niki B.
	7:15-8:00pm	Aqua Body Blast*	Sarah G.
Friday	8:05-8:55am	Aqua Conditioning	Lindsay S.
	11:00-11:50am	Water Wellness	Niki B.
Saturday	8:05-8:50am	Aqua Body Blast*	Sarah G.
	9:00-9:45am	Aqua Dance*	Sarah G.

BRANCH NEWS

- **Fourth Grade swim lessons for CSD is Tuesday, January 22—Friday, January 25. Both pools will be closed from 9:15am-11:00am over this week.**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER AEROBICS GROUP DESCRIPTIONS

Aqua Body Blast: An energetic aqua workout designed to challenge and condition the entire body. Strengthen muscles and core. **Level 1-3**

Aqua Conditioning: This aqua class will incorporate high level cardio with strength training. Constant movement in the water will burn calories and shape the body. Working against the drag of the water and using various aquatic equipment will help improve strength, definition and endurance. **Levels 1-3**

Aqua Dance: This water class is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. There is minimal impact on your joints so you can really let loose. This pool party you don't want to miss! **Levels 1-3**

H2O Fitness: The goal is to maintain and improve cardiovascular, muscle strength, flexibility and balance for a well-rounded workout. **Level 1-3**

SilverSneakers Splash: Enjoy this fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. The pool provides many benefits when used for aerobic exercise and resistance training. Safe for non-swimmers. **Levels 1-3**

Water Stretch & Strength: The goal is to aid in improving flexibility, balance, and strength with the use of water weights and natural resistance. In this low impact class you will be stretching and toning the muscles for overall fitness. **Levels 1-3**

Water Wellness: Become acquainted with water walking and exercising in our warm water pool. Reduced stress on joints will allow you to tone and strengthen while increasing your range of motion. We will focus on movements to improve coordination and balance. **Levels 1-3**

Level 1 Beginner, Level 2 Intermediate, Level 3 Advanced

UPPER PALMETTO YMCA—CSD Community YMCA
5485 Charlotte Highway, Lake Wylie, SC 29710
(803) 831-9622
upymca.org