



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CSD COMMUNITY YMCA POOL SCHEDULE | JUNE 7-JUNE 30, 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
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Childwatch Hours
M–F: 8:00AM-12:00PM & 4:00PM-8:00PM
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RACE 4 CHASE AT CSD COMMUNITY YMCA

The Upper Palmetto YMCA host a 6 week youth triathlon program over the summer. All UPYMCA locations come together to end the season to compete all together. Race day is hosted at the CSD Community YMCA on Saturday, July 27, 2019. The entire YMCA will be closed until 12pm on July 27.

CLOVER HIGH SCHOOL SWIM MEETS AT CSD COMMUNITY YMCA

The Clover High School Swim Team host their home swim meets at the CSD Community YMCA. High school meets fall either on a Tuesday or Thursday from **4pm to 9pm**. All aquatic areas at the CSD Community YMCA will not be available from 4pm-9pm during the days listed below. Go Blue Eagles!

- Thursday, August 22 – FOM/NOW @ CLO
- Thursday, August 29 – NFD @ CLO
- Thursday, September 5 – RKH @ CLO
- Thursday, September 12 – Catawba Ridge @ CLO
- Thursday, September 19 – FOM @ CLO

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INDOOR 6-LANE LAP POOL SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|--|--------------------------------------|
| LAP SWIM L – 1-6 5:30AM - 9:15AM | LAP SWIM L – 1-6 5:30AM - 9:15AM | LAP SWIM L – 1-6 5:30AM - 11:00AM | LAP SWIM L – 1-6 5:30AM - 11:00AM | LAP SWIM L – 1-6 5:30AM - 9:30AM | LAP SWIM* L – 1-6 8:00AM - 5:30PM |
| LAP SWIM L – 1-4 YMCA SWIM TEAM L – 5-6 9:15AM - 10:45AM | LAP SWIM L – 1-4 YMCA SWIM TEAM L – 5-6 9:15AM - 10:45AM | LAP SWIM L – 1-3 RACE 4 CHASE L – 4-6 11:00AM - 2:00PM | LAP SWIM L – 1-3 RACE 4 CHASE L – 4-6 11:00AM - 2:00PM | WATER AEROBICS L – 1-3 LAP SWIM L – 4-6 9:30AM - 10:20AM | SUNDAY |
| LAP SWIM L – 1-3 RACE 4 CHASE L – 4-6 11:00AM - 2:00PM | LAP SWIM L – 1-3 RACE 4 CHASE L – 4-6 11:00AM - 2:00PM | LAP SWIM L – 1-6 2:00PM - 4:00PM | LAP SWIM L – 1-6 2:00PM - 9:00PM | RACE 4 CHASE L – 4-6 11:00AM - 2:00PM | |
| LAP SWIM L – 1-6 2:00PM - 9:00PM | LAP SWIM L – 1 YMCA SWIM TEAM L – 4-6 RENTAL L – 4-6 4:00PM - 5:30PM | LAP SWIM L – 1-2 YMCA SWIM TEAM L – 3-6 4:00PM - 5:45PM | | LAP SWIM L – 1-6 2:00PM - 4:00PM | |
| | RENTAL L – 1-3 YMCA SWIM TEAM L – 4-6 5:30PM - 7:00PM | LAP SWIM L – 1 RENTAL L – 2-4 YMCA SWIM TEAM L – 5-6 5:45PM - 6:30PM | | LAP SWIM L – 1-3 YMCA SWIM TEAM L – 4-6 4:00PM - 6:00PM | |
| | RENTAL L – 1-4 LAP SWIM L – 5-6 7:00PM - 8:30PM | LAP SWIM L – 1-2 RENTAL L – 3-6 6:30PM - 8:30PM | | LAP SWIM L – 1-6 6:00PM - 9:00PM | |
| <div style="border: 1px solid black; padding: 5px;"> <p>L-#: Indicates lap lanes available during that period of time.</p> </div> | | | | | |

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CSD COMMUNITY YMCA POOL SCHEDULE | JUNE 7-JUNE 30, 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-9:00AM | 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-9:00AM | 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 | YMCA SWIM LESSONS L-1-2 LAP SWIM L-3-4 9:00AM-11:00AM | WATER AEROBICS* 8:05AM-8:55AM | YMCA SWIM LESSONS L-1-2 LAP SWIM L-3-4 9:00AM-11:00AM | WATER AEROBICS* 8:05AM-8:55AM | WATER AEROBICS* 9:00AM - 9:45AM |
| YMCA SWIM LESSONS L-1-2 LAP SWIM L-3-4 9:00AM-11:00AM | WW & FS L-1-2 RACE 4 CHASE L-3-4 11:00AM-2:00PM | YMCA SWIM LESSONS L-1-2 LAP SWIM L-3-4 9:00AM-11:00AM | WATER AEROBICS* 11:15AM-12:05AM | WW & FS L-1-2 LAP SWIM L-3-4 9:00AM-11:00AM | YMCA SWIM LESSONS** 10:00AM-12:15PM |
| WATER AEROBICS* 11:15AM-12:05AM | WW & FS L-1-2 LAP SWIM L-3-4 2:00PM-4:30PM | WATER AEROBICS* 11:15AM-12:05AM | WW & FS L-1-2 RACE 4 CHASE L-3-4 12:00PM-2:00PM | WATER AEROBICS* 11:15AM-12:05AM | WW & FS L-1-2 LAP SWIM L-3-4 12:15PM-3:00PM |
| WATER AEROBICS* 12:15PM-1:00PM | YMCA SWIM LESSONS** 4:30PM-7:00PM | WW & FS L-1-2 RACE 4 CHASE L-3-4 12:00PM-2:00PM | WW & FS L-1-2 LAP SWIM L-3-4 2:00PM-4:30PM | WW & FS L-1-2 RACE 4 CHASE L-3-4 12:00PM-2:00PM | FAMILY SWIM 3:00PM-4:00PM |
| WW & FS L-1-2 LAP SWIM L-3-4 1:00PM-4:45PM | WATER AEROBICS* 7:15PM-8:00PM | WW & FS L-1-2 LAP SWIM L-3-4 2:00PM-4:00PM | YMCA SWIM LESSONS** 4:30PM-7:00PM | WW & FS L-1-2 LAP SWIM L-3-4 2:00PM-4:00PM | WW & FS L-1-2 LAP SWIM L-3-4 4:00PM-5:30PM |
| LAP SWIM L-3-4 4:45PM-7:10PM | WW & FS L-1-2 LAP SWIM L-3-4 8:00PM-9:00PM | WW & FS L-1-2 YMCA SWIM TEAM L-3-4 4:00PM-6:45PM | 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 4:00PM-6:00PM | SUNDAY |
| WW & FS L-1-2 LAP SWIM L-3-4 7:15PM-9:00PM | | WW & FS L-1-2 LAP SWIM L-3-4 6:45PM-9:00PM | | WW & FS L-1-2 LAP SWIM L-3-4 6:00PM-9:00PM | WW & FS L-1-2 LAP SWIM L-3-4 1:00PM-3:00PM |
| | | | | | 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 ¾ 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 ¾ 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.

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JUNE 2019 | WATER AEROBICS SCHEDULE

| | | | |
|-----------|---------------|------------------------------|------------|
| Monday | 8:05-8:55am | Aqua Conditioning | Lindsay S. |
| | 11:15-12:05am | Water Wellness | Pat C. |
| | 12:15-1:00pm | SilverSneakers Splash | Birgitt Z. |
| Tuesday | 7:15-8:00pm | Aqua Dance | Sarah G. |
| Wednesday | 8:05-8:55am | Aqua Conditioning | Lindsay S. |
| | 11:15-12:05pm | Water Wellness | Pat C. |
| Thursday | 11:15-12:05pm | Water Wellness | Niki B. |
| Friday | 8:05-8:55am | Aqua Conditioning | Lindsay S. |
| | 9:30-10:20am | Deep Water Fitness | Deb G. |
| | 11:15-12:05pm | Water Wellness | Niki B. |
| Saturday | 8:05-8:50am | Aqua Body Blast | Sarah G. |
| | 9:00-9:45am | Aqua Dance | Sarah G. |

BRANCH NEWS

- **New time for Water Wellness Monday, Wednesday, Thursday, and Friday.**
- **New time for SliverSneakers Splash Mondays.**



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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**

Deep Water Fitness: Enjoy this mid to upper level fitness class in the "deep" pool. Participants will wear Aquabelts and will be challenged with exercises that will help increase flexibility and balance while challenging their core. Participants will learn to increase their intensity to get the most of their workout while not touching the pool floor. **Fitness Levels 2-3**

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 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
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