



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKE A SPLASH



GRAND RIVER AREA FAMILY YMCA Pool Schedule Summer I: May 29 - June 23

Multiple activities are often scheduled in the pool at the same time.
Please **RESPECT** everyone's scheduled programs.

Open Swim

Monday - Thursday	1:00 pm - 4:00 pm 6:30 pm - 9:00 pm
Friday	1:00 pm - 8:00 pm
Saturday	11:00 am - 4:00 pm
Sunday	Closed

Adult Lap Swim

Monday & Wednesday	6:00 am - 8:30 am 11:30 am - 9:00 pm
Tuesday & Thursday	6:00 am - 9:00 pm
Friday	6:00 am - 8:30 am 11:30 am - 8:00 pm
Saturday	7:00 am - 4:00 pm
Sunday	Closed

Water Volleyball

Tuesday & Thursday	8:30 am - 10:00 am
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Aqua Aerobics

Certified Instructor: Alyona Trantham

Basic Aerobics	M/W/F	8:30 am - 9:30 am
Introduce your body to fitness with half the impact of working out on land. Come splash with us!		
Adv. Aerobics	M/W/F	9:30 am - 10:30 am
	M/W	5:30 pm - 6:30 pm

Total body workout with weights, stretch bands, balls, web gloves and dumbbells. Come join this fun high-energy workout!

Rusty Hinges	M/W/F	10:30 am - 11:30 am
Intended to promote a general sense of well-being, this low intensity, low impact class is designed to improve strength and flexibility.		

Aerial Angels Conditioning

Levels 4 & 5	M	7:15 - 8:00 pm
Excels	T	10:15 - 11:00 am
Levels 2 & 3	Th	10:15 - 11:00 am

Water Aerobics cards are \$36 for members and \$72 for program participants. They are good for 24 classes and expire one year from the purchase date.

DEDICATED TO KEEPING YOUR SWIMMER SAFE



Safety first! The pool is a great place to have fun and exercise, but the most important thing at the Y is your family's safety. Helping you enjoy the water safely is our highest priority. To assure that every child is comfortable and confident in the pool, all children under the age of 15 wishing to use the deep (West) end of the pool, must pass a swim test and wear a swimming bracelet at all times. YMCA lifeguards and/or staff members will administer swim tests and award swim bracelets to those children who are able to complete the test successfully.

Children under the age of 8 (0-7 years) must have a responsible adult in the water within arm's length at all times. Children able to pass the swim test, may enter the deep end of the pool with their swimming bracelet. They, however, must still be within arm's length of their responsible adult.

Children between the ages of 0 and 14 who are unable or unwilling to complete the swim test, must remain in the shallow (East) end of the pool and must have a responsible adult within arm's length at all times, regardless of age. Children in the shallow end of the pool, may wear a Coast Guard Approved Personal Flotation Device. These items are not provided by the YMCA.

Children between the ages of 8 and 14 who are able to demonstrate to a YMCA lifeguard or staff member that they are comfortable in the pool by successfully completing the swim test, will be given a swimming bracelet. These swimmers may use the entire pool, and are not required to have an adult in the pool.

Other Important Pool Rules:

- Children under the age of 18 are not allowed in the hot tub or sauna.
- Please obey the lifeguards on duty. They are here to maintain a safe aquatic environment for everyone.
- Food and drink, running, diving, yelling, **cursing**, and rough play are not allowed in the pool area.

To receive text alerts concerning pool schedule reminders, changes, and updates, please text **@grypool** to **81010**.