

## Lap Swimming

Lap swimming is a great way to exercise. Swimming for exercise is easy on the joints and muscles and is often times used as a therapy and/or substitute for out of water exercise. There are many different strokes that can be used for lap swimming. There will be swim lanes reserved at all times for those wishing to use them. If lanes are not being used, water-walkers and other programs are able to use the designated pool space until a lap swimmer arrives and needs the lane. Please keep in mind that during high traffic times you may be asked to share a lane with other patrons. Please note, the pool may close unexpectedly or be reserved for events such as youth swim team practice. Lap swimming is free for those with a membership and no additional charge for those whom pay a day fee.

## Family Open Swim

Family open swim is a time that anyone is allowed to come splash around in the pool. Please be courteous to the lap swimmers. There will be reserved lanes for those who are exercising during this time. Open swimmers are not permitted to play in these lanes unless no one is using them. Should a lap swimmer want to use a lane, any open swimmers will need to leave the area. Family open swim is free for all members and those paying a day fee.

## Mommy/Daddy and Me

We have found that many parents want to expose their little ones to the life of aquatics at a young age without the loud, splashing and excited older children during open swim times. Your Columbus YMCA would like to welcome parents and their little ones to quiet, relaxing play time without the older kids. Parents are invited to bring their young ones (age 0-4 years) during designated times. This is a great opportunity bond with and stimulate your little one while meeting other parents/children. It is never too early to begin teaching water safety, encourage self-awareness, and self-confidence in the water. Together, these benefits may improve your young ones' overall wellness and social skills.

The YMCA recommends that infants no yonger than 6 months of age use the water. Please consult with your physician to see if swimming is right for your child; this program is free of cost and no instructor is provided.

Parent/child swim lesson classes will be available at designated times for those interested in a formal class setting with an instructor. Feel free to ask for more information.

Note: Certified swim diapers are required for anyone not completely toilet trained. They will be available for purchase at the front desk as needed.

## Water Walking

Water walking can be a great form of exercise and/or therapy. Water's buoyancy reduces the impact on joints and working out in the water can help improve cardiovascular fitness, balance and range of motion. Water also has greater resistance than air, which means walking in water requires more effort and ultimately burns more calories than walking on land. Most prefer to walk in waist-deep to chest-deep water walking forward, backward, and side-to-side.

You are able to use the warm-water pool anytime it is not reserved for a program. There will be designated times/days where the lap pool will be available to those who wish to use cooler water for their work-out/therapy. Water-walking is free for all members and those paying a day fee.



# AQUATIC POOL SCHEDULE

## Fall 2017

## Columbus Family YMCA

Welcome to the wonderful world of aquatics!!

The YMCA is so much more than just a pool.

Let us help you accomplish any aquatic goals you may have.

Jump in and join us today!!

