



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# SUMMER POOL SCHEDULE

Effective May 28, 2018

## INDOOR POOL

### MONDAY

Lap Swim – 3 lanes	5:00 a.m. – 7:30 a.m.
Lap Swim – 1 lane	7:30 a.m. – 3:00 p.m.
Gentle Moves	8:00 a.m. – 9:00 a.m.
Cardio Splash	9:00 a.m. – 10:00 a.m.
Aqua Deep	10:00 a.m. – 11:00 a.m.
Swim Lessons \$	10:00 a.m. – 7:15 p.m.
Lap Swim – 2 lanes	4:00 p.m. – 8:45 p.m.

### TUESDAY

Lap Swim – 3 lanes	5:00 a.m. – 7:30 a.m.
Lap Swim – 1 lane	7:30 a.m. – 3:00 p.m.
Shallow Water Aerobics	9:00 a.m. – 10:00 a.m.
Swim Lessons \$	10:00 a.m. – 7:15 p.m.
Lap Swim – 2 lanes	4:00 p.m. – 8:45 p.m.

### WEDNESDAY

Lap Swim – 3 lanes	5:00 a.m. – 7:30 a.m.
Lap Swim – 1 lane	7:30 a.m. – 3:00 p.m.
Gentle Moves	8:00 a.m. – 9:00 a.m.
Cardio Splash	9:00 a.m. – 10:00 a.m.
Aqua Deep	10:00 a.m. – 11:00 a.m.
Swim Lessons \$	10:00 a.m. – 7:15 p.m.
Lap Swim – 2 lanes	4:00 p.m. – 8:45 p.m.

### THURSDAY

Lap Swim – 3 lanes	5:00 a.m. – 7:30 a.m.
Lap Swim – 1 lane	7:30 a.m. – 3:00 p.m.
Cardio Splash	9:00 a.m. – 10:00 a.m.
Swim Lessons \$	10:00 a.m. – 7:15 p.m.
Lap Swim – 2 lanes	4:00 p.m. – 8:45 p.m.

### FRIDAY

Lap Swim – 3 lanes	5:00 a.m. – 7:30 a.m.
Lap Swim – 1 lane	7:30 a.m. – 3:00 p.m.
Gentle Moves	8:00 a.m. – 9:00 a.m.
Aqua Zumba®	9:00 a.m. – 10:00 a.m.
Aqua Deep	10:00 a.m. – 11:00 a.m.
Collierville Swim Team* – 5 lanes	4:00 p.m. – 6:00 p.m.
Lap Swim – 3 lanes	6:00 p.m. – 8:45 p.m.

### SATURDAY

Master Swim \$ – 4 lanes	7:00 a.m. – 8:00 a.m.
Lap Swim – 2 lanes	7:00 a.m. – 5:45 p.m.
Swim Lessons \$	9:00 a.m. – 12:00 p.m.

### SUNDAY

Lap Swim – 4 lanes	1:00 p.m. – 5:45 p.m.
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## OUTDOOR POOL

### MONDAY

Lap Swim	7:00 a.m. – 8:00 a.m.
Collierville Swim Team* – 5 lanes	8:00 a.m. – 9:30 a.m.
Recreational Swim	10:00 a.m. – 8:00 p.m.
Aqua Zumba®	6:30 p.m. – 7:30 p.m.

### TUESDAY

Lap Swim	7:00 a.m. – 8:00 a.m.
Adult Swim Technique Training \$	8:00 a.m. – 9:00 a.m.
Recreational Swim	10:00 a.m. – 8:00 p.m.

### WEDNESDAY

Lap Swim	7:00 a.m. – 8:00 a.m.
Collierville Swim Team* – 5 lanes	8:00 a.m. – 9:30 a.m.
Recreational Swim	10:00 a.m. – 8:00 p.m.
Aqua Zumba®	6:30 p.m. – 7:30 p.m.

### THURSDAY

Lap Swim	7:00 a.m. – 8:00 a.m.
Adult Swim Technique Training \$	8:00 a.m. – 9:00 a.m.
Recreational Swim	10:00 a.m. – 8:00 p.m.

### FRIDAY

Lap Swim	7:00 a.m. – 9:15 a.m.
Recreational Swim	10:00 a.m. – 8:00 p.m.

### SATURDAY

Collierville Swim Team* – 5 lanes	8:15 a.m. – 9:45 a.m.
Shallow Water Aerobics* No water toys during class	10:00 a.m. – 11:00 a.m.
Recreational Swim	10:00 a.m. – 5:45 p.m.

### SUNDAY

Recreational Swim	1:00 p.m. – 5:45 p.m.
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## POOL INFORMATION

- Times subject to change.
- Please shower before entering pool.
- Children under 16 years are required to take a swim test.
- Children under 16 are NOT allowed in sauna, steamroom, or whirlpool.
- When ground lightning strikes within 5 miles, and/or thunder is heard, both pools and decks will be closed.
- The Indoor Pool temperature varies between 83 and 85 degrees F.
- Aerobic classes with 15 or more participants will use 4 lanes.
- Absolutely no recreational swimming during water aerobics classes or swimming lessons.
- The Indoor Pool is closed to recreational swimming when the Outdoor Pool is open.
- When one lap lane is available, need to circular swim.
- All Collierville Swim Team participants are YMCA members.

\$ Fee Required

The Indoor Pool is 25 yards long.

35 laps or 70 pool lengths equals 1 mile.

## YMCA AT SCHILLING FARMS

1185 Schilling Farms Blvd. E, Collierville TN 38017  
P 901 850 9622 F 901 850 9122 ymcamemphis.org



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# WATER CLASSES SCHEDULE

Effective May 28, 2018

TIME	CLASS	INSTRUCTOR	LOCATION	
<b>MONDAY</b>				
AM	8:00-9:00	Gentle Moves	Nancy	Indoor Pool
	9:00-10:00	Cardio Splash	Lesley	Indoor Pool
	10:00-11:00	Aqua Deep	Lesley	Indoor Pool
PM	6:30 -7:30	Aqua Zumba®	Monica	Outdoor Pool
<b>TUESDAY</b>				
AM	9:00-10:00	Cardio Splash	Lesley	Indoor Pool
<b>WEDNESDAY</b>				
AM	8:00-9:00	Gentle Moves	Tish	Indoor Pool
	9:00-10:00	Cardio Splash	Tish	Indoor Pool
	10:00-11:00	Aqua Deep	Debbie	Indoor Pool
PM	6:30 -7:30	Aqua Zumba®	Sam	Outdoor Pool
<b>THURSDAY</b>				
AM	9:00-10:00	Cardio Splash	Sara	Indoor Pool
<b>FRIDAY</b>				
AM	8:00-9:00	Gentle Moves	Nancy	Indoor Pool
	9:00-10:00	Aqua Zumba®	Bree	Indoor Pool
	10:00-11:00	Aqua Deep	Debbie	Indoor Pool
<b>SATURDAY</b>				
AM	10:00-11:00	Shallow	Rotating	Outdoor Pool*

\* No water toys during class.

## CLASS DESCRIPTION

**AQUA DEEP** Cardio workout in the deep water is the perfect environment for building muscular strength and endurance with no joint impact. Appropriate for all fitness levels and ages. Flotation belts are available.

**AQUA ZUMBA®** A "pool party" workout for all ages. Safe, effective and challenging water-based workout integrates the Zumba® formula and philosophy into traditional aqua fitness disciplines.

**CARDIO SPLASH** Using high and low impact moves in the shallow water to improve cardiovascular fitness, strength, and flexibility. A great overall workout using the properties of water. Appropriate for all ages and fitness levels.

**GENTLE MOVES** This class is open to anyone looking for a fun time and who wants to feel better. Focus on balance training, gait training, and strength training without any bouncing on the pool floor. Exercises will be active but joint-friendly.

The YMCA retains the right to change or cancel any classes or instructors.

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