



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER 2020 POOL SCHEDULE January 6 – March 1, 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30-7:00 4 Laps		5:30-7:00 4 Laps		5:30-7:00 4 Laps	
	7:00-8:30 3 Lap/ 1 PWW	5:30-8:30 3 Lap/ 1 PWW	7:00-8:30 3 Lap/ 1 PWW	5:30-8:30 3 Lap/ 1 PWW	7:00-8:30 3 Lap/ 1 PWW	7:00-8:15 3 Lap/1 PWW
	8:30-9:15 Hydro/1 Lap	8:30-9:15 CardioCrunch/ 1 Lap	8:30-9:15 Hydro/1 Lap	8:30-9:15 CardioCrunch/ 1 Lap	8:30-9:15 SilverSneakers Splash@/1 Lap	8:15-9:00 2 Lap/ 2 PWW
	9:30-10:15 AquaFit/1 Lap	9:30-10:15 SilverSneakers Splash@/1 Lap	9:30-10:30 Pre K Swim Lessons/1 Lap	9:30-10:15 SilverSneakers Splash@/1 Lap	9:30-10:15 AquaNoodle/1 Lap	9:00-10:15 Lessons/ 1 Lap
	10:30-11:15 Arthritis/ 1 Lap	10:30-12:00 2 Lap/Pre School Swim Lessons	10:30-11:15 Arthritis/ 1 Lap	10:30-12:00 2 Lap/Pre School Swim Lessons	10:30-11:30 2 Lap/ Pre School Swim Lessons	10:15-11:00 1 Lap/ Teen Swim Lessons
	11:15-12:00 2 Lap/Family Swim	12:00-1:30 3 Lap/1 PWW	11:15-1:30 3 Lap/1 PWW	12:00-1:30 3 Lap/1 PWW	11:30-12:15 Arthritis/ 1 Lap	11:00-12:30 2 Lap/Family Swim
12:00-1:30 3 Lap/1 PWW	12:00-1:30 3 Lap/1 PWW	1:30-3:15 2 Lap/ Family Swim	1:30-3:15 2 Lap/ 2 PWW	1:30-3:15 2 Lap/ Family Swim	12:15-3:15 2 Lap/ 2 PWW	12:30-1:30 Pool Rental/2 Lap
1:30-2:30 2 Lap/Pool Rental	1:30-3:15 2 Lap/ 2 PWW	3:15-4:15 2 Lap/7GI	3:15-4:15 2 Lap/7GI	3:15-4:15 2 Lap/7GI	3:15-4:15 2 Lap/7GI	1:30-2:15 3 Lap/1 PWW
				LAPS ONLY 4:15-4:30		
2:30-3:00 1 Lap/1 PWW/Adult Swim Lessons	3:15-4:15 2 Lap/7GI	4:15-6:00 1 Lap/ Family Swim	4:15-5:15 1 Lap/ Swim Team	4:30-5:45 Lessons/ 1 Lap	4:15-5:00 2 Lap/ Family Swim	2:15-3:00 2 Lap/Family Swim
3:00-6:00 1 Lap/ Family Swim	4:15-5:15 1 Lap/ Swim Team	6:00-6:45 AquaBlast/1 Lap	5:15-6:30 Lessons/ 1 Lap	5:45-6:00 1 Lap/ Family Swim	5:00-7:00 1 Lap/Swim Team	3:00-4:00 Pool Rental/2 Lap
	5:15-6:30 Lessons/ 1 Lap	6:45pm-8:30 1 Lap/ Swim Team	6:30-7:00 Adult Swim Lessons/ 2 Lap	6:00-6:45 AquaBlast/1 Lap	7:00-8:30 2 Lap/ 2 PWW	4:00-6:00 Family Swim/1 Lap
	6:30-7:30 2 Lap/ Family Swim		7:00-8:30 2 Lap/Family Swim	6:45pm-8:30 1 Lap/ Swim Team		
Schedule Subject to Change	7:30-8:30 3 Lap/ 1 PWW					PWW = Personal Water Workout

We will make every effort to provide pool space for PWW, family swim and rec swim. However, because of scheduling issues with our busy pool, private swim classes and certification classes involving two or more people may occur during these scheduled events. We will make every effort to have these programs without interfering with other swimmers. Please sign up for the Aquatic Email List in which you will receive pool updates. To receive emails reply to: jacobiones@gv-ymca.org updated 1/9/2020

GREATER VALLEY YMCA, BETHLEHEM BRANCH

430 East Broad Street, Bethlehem, PA 18018

(P) 610 867 7588 (W) gv-ymca.org



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Rules

- Proper swimmer attire must be worn at all times. No street clothes are permitted.
- Everyone must shower before entering the pool.
- Never enter the water unless a lifeguard is present on the pool deck.
- No food or beverages are permitted in the pool area; this includes baby bottles.
- Band-aids must be removed prior to entering the pool.
- No running or horseplay is permitted on the deck, in the hallway or locker room areas.
- No playing in the shower room area of locker rooms.
- Starting blocks are for instructional purposes only.
- No diving in the shallow end of the pool.
- Respect all swimmers.
- Lifeguards have the authority to ask weaker swimmers to remain in the shallow end of the pool.
- Swimmers wearing lifejackets and other life-saving flotation must remain in the shallow end.
- **The lifeguard is in charge at all times.**

For Lap Swimming

- Circle swimming required when 2 or more swimmers are in a lane.
- Member with similar abilities and speeds should swim in appropriate lanes. Swimming direction and lanes speeds are posted on the wall. Lifeguard(s) have the authority to move swimmers to appropriate lanes.
- Please allow faster swimmers to pass on the turn at the wall, not in the middle of the pool.
- PWW is for personal water workout only. There is to be no lap swimming in this lane.
- Swimmers must be at least 15 years of age to participate in lap swimming unless prior approval is given by the Aquatic Coordinator.

For Family Swim

- Children under the age of 6 must have a flotation device on at all times, and must be accompanied by a swimming adult.
- Children needing a flotation device are not permitted to swim alone.
- Children who are under the age of 10 must be accompanied by an adult at all times. Parents who do not have memberships may accompany their child(ren), with memberships into the pool area but may not use the facility.
- Toys and equipment will be given out at the discretion of the lifeguard.
- Equipment must be used properly or will be removed by the lifeguard.
- Horseplay is not permitted, chicken fights, pushing, dunking, throwing etc. Only games that do not infringe on the enjoyment of others will be permitted.
- Children who are not potty trained must wear swim diapers or rubber pants.
- Please take into consideration all abilities when swimming in the deep end of the pool.

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Descriptions of Water Aerobics Classes

AquaBlast – This non-impact class is a combination of Hydro and Aquafit all in one. DEEP END AND SHALLOW END

AquaFit – Workout to fun, aerobic routines while staying cool. This low impact cardiovascular workout is great for anyone. SHALLOW END

Aqua Noodle - Tone and sculpt your body with no impact to your joints. This popular water aerobics workout is a swimming blend of cardio and resistance training, and may incorporate resistance tools such as buoyant water weights and noodles. SHALLOW END

Arthritis – The buoyancy and resistance provided by the water can decrease pain and stiffness while increasing flexibility. The program is medically approved for persons with arthritis by the National Arthritis Foundation. SHALLOW END

CardioCrunch – An abdominal workout not just for your core, but arms and shoulders as well. DEEP END

Hydro – This high energy, non-impact cardio workout is designed to strengthen, tone and burn body fat. Belts provided. DEEP END

SilverSneakers Splash®

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a SilverSneakers® kickboard or other aquatic equipment is used to improve strength, balance and coordination.

SHALLOW END

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Winter 2020 Water Aerobic Schedule January 6th – March 1st

AquaBlast	T/TH	6:00-6:45pm
AquaFit	M	9:30-10:15am
Arthritis	M/W F	10:30-11:15am 11:30-12:15pm
CardioCrunch	T/TH	8:30-9:15am
Hydro	M/W	8:30-9:15am
Aqua Noodle	F	9:30-10:15am
SilverSneakers Splash®	T/TH F	9:30-10:15am 8:30-9:15am

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