



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# THE THERAPY POOL SCHEDULE

YMCA of Portsmouth

**Effective: June 21, 2010**

Monday - Friday 8:00am-8:00 pm • Saturday 8am- 4:30pm

|         | MONDAY   | TUESDAY  | WEDNESDAY                                      | THURSDAY                                       | FRIDAY  | SATURDAY   |
|---------|--|--|--|--|---|--|
| 8:00am  | <b>TAI CHI</b><br>8-9:10AM                     | <b>OPEN SWIM</b><br>8:00-9:10AM                | <b>OPEN SWIM</b><br>8:00-9:10AM                | <b>OPEN SWIM</b><br>8:00-9:10AM                | <b>TAI CHI</b><br>8-9:10AM                                | <b>ADULT INSTRUCTION</b><br>8:00-8:45AM                                      |
| 9:00am  | <b>KINDERCAMP</b><br>9:15-9:55AM               | <b>KINDERCAMP</b><br>9:15-9:55AM               | <b>KINDERCAMP</b><br>9:15-9:55AM               | <b>KINDERCAMP</b><br>9:15-9:55AM               | <b>KINDERCAMP</b><br>9:15-9:55AM                          | <b>SWIM LESSONS</b><br>9:00-12:00PM  |
| 10:00am | <b>SWIM LESSONS</b><br>10:00-11:00AM           | <b>SWIM LESSONS</b><br>10:00-11:00AM           | <b>SWIM LESSONS</b><br>10:00-11:00AM           | <b>SWIM LESSONS</b><br>10:00-11:00AM           | <b>SWIM LESSONS</b><br>10:00-11:00AM                      |  |
| 11:00am | <b>ARTHRITIS PLUS</b><br>11:00AM-12:00PM       | <b>OPEN SWIM/ PHYSICAL THERAPY</b>             | <b>ARTHRITIS PLUS</b><br>11:00AM-12:00PM       | <b>OPEN SWIM/ PHYSICAL THERAPY</b>             | <b>SWIM LESSONS</b><br>11:00-12:00AM                      |  |
| 12pm    | <b>ARTHRITIS BASIC II</b><br>12:00-12:45PM     | <b>OPEN SWIM/ PHYSICAL THERAPY</b>             | <b>ARTHRITIS BASIC II</b><br>12:00-12:45PM     | <b>OPEN SWIM/ PHYSICAL THERAPY</b>             | <b>ARTHRITIS BASIC II</b><br>12:00-12:45PM                | <b>FAMILY SWIM/</b><br><br><b>12:00-4:30PM</b><br><br><b>AND SPLASH ZONE</b> |
| 1:00pm  | <b>ARTHRITIS In Motion</b><br>1:00-2:00PM      | <b>OPEN SWIM/ PHYSICAL THERAPY</b>             | <b>ARTHRITIS In Motion</b><br>1:00-2:00PM      | <b>OPEN SWIM/ PHYSICAL THERAPY</b>             | <b>ARTHRITIS In Motion</b><br>1:00-2:00PM                 |  |
| 2:00pm  | <b>ARTHRITIS BASIC I</b><br>2:00-2:45PM        | <b>OPEN SWIM/ PHYSICAL THERAPY</b>             | <b>ARTHRITIS BASIC I</b><br>2:00-2:45PM        | <b>OPEN SWIM/ PHYSICAL THERAPY</b>             | <b>ARTHRITIS BASIC I</b><br>2:00-2:45PM                   |  |
| 3:00pm  | <b>DAY CAMP</b>                                | <b>DAY CAMP</b>                                | <b>DAY CAMP</b>                                | <b>DAY CAMP</b>                                | <b>DAY CAMP</b>   |  |
| 4:00pm  | <b>SWIM LESSONS</b>                            | <b>SWIM LESSONS</b>                            | <b>SWIM LESSONS</b>                            | <b>SWIM LESSONS</b>                            | <b>FAMILY SWIM/ SPLASH ZONE</b><br><br><b>4:00-8:00PM</b> |  |
| 5:00pm  | <b>FAMILY SWIM/ SPLASH ZONE</b><br>5:00-6:00PM | <b>FAMILY SWIM/ SPLASH ZONE</b><br>5:00-6:00PM | <b>FAMILY SWIM/ SPLASH ZONE</b><br>5:00-6:00PM | <b>FAMILY SWIM/ SPLASH ZONE</b><br>5:00-6:00PM |   |  |
| 6:00pm  | <b>SWIM LESSONS</b><br>6:00-7:00PM             | <b>SWIM LESSONS</b><br>6:00-7:00PM             | <b>SWIM LESSONS</b><br>6:00-7:00PM             | <b>SWIM LESSONS</b><br>6:00-7:00PM             |   |  |
| 7:00pm  | <b>FAMILY SWIM/ SPLASH ZONE</b><br>7:00-8:00PM | <b>FAMILY SWIM/ SPLASH ZONE</b><br>7:00-8:00PM | <b>FAMILY SWIM/ SPLASH ZONE</b><br>7:00-8:00PM | <b>FAMILY SWIM/ SPLASH ZONE</b><br>7:00-8:00PM |   |  |
| 8:00pm  | <b>POOL CLOSSES @ 8:00PM</b>                   |  |  |  |   |  |

- ❖ **POOL TEMPERATURE** is maintained at/or above 86 degrees
- ❖ **FAMILY SWIM** Children 8 years and younger must be accompanied in the pool by an adult. Swim Test must be taken at discretion of the lifeguard before a young child may be left in the pool area without a parent.
- ❖ No inflatables of any size allowed. Lifejackets are available.
- ❖ **OPEN SWIM** –recreational swimmers and or family swimmers.
- ❖ **Proper bathing suits are required.**
  - a. No cut offs of any type of material
  - b. No revealing bathing suits
  - c. T-shirts may be worn WITH a proper bathing suit or trunks.
- ❖ **NO DIVING ALLOWED**

Updated 7/21/2010