



Aquatics Schedule

Updated 6.2.09

Monday		Tuesday		Wednesday		Thursday		Friday					
Pools open at 5:15am													
Lap Pool	Therapy Pool	Lap Pool	Therapy Pool	Lap Pool	Therapy Pool	Lap Pool	Therapy Pool	Lap Pool	Therapy Pool				
Lap Swim 5:15 - 10:30a	Open Adult Swim 5:15 - 8:45a	Lap Swim 5:15 - 10:30a	Open Adult Swim 5:15 - 8:45a	Lap Swim 5:15 - 6:00a	Open Adult Swim 5:15 - 8:45a	Lap Swim 5:15 - 10:30a	Open Adult Swim 5:15 - 8:45a	Lap Swim 5:15 - 6:00a	Open Adult Swim 5:15 - 8:45a				
				Master's Swim Lindsay 6:00 - 7:30a						Lap Swim 7:30 - 10:30a			
				Stroke Improvement 7:30-8:30a									
Pool Closed 9:00a - 12:00p Physical Therapy Patients ONLY		Pool Closed 9:00a - 12:00p Physical Therapy Patients ONLY		Lap Swim 8:30 - 10:30a	Pool Closed 9:00a - 12:00p Physical Therapy Patients ONLY		Pool Closed 9:00a - 12:00p Physical Therapy Patients ONLY		Pool Closed 9:00 - 12:00a Physical Therapy Patients ONLY				
Aqua Fitness Darcy 10:30 - 11:30a	Aqua Arthritis Gail 12:10 - 1:00p	Aqua Fitness Jeri Jo 10:30 - 11:30a	Aqua Arthritis Gail/Suzanne 12:10 - 1:00p	Aqua Fitness Darcy 10:30 - 11:30a	Aqua Arthritis Gail 12:10 - 1:00p	Aqua Fitness Heidi 10:30 - 11:30a	Adaptive Swim Adults 12:00 - 1:30p	Aqua Fitness Suzanne 10:30 - 11:30a	Aqua Arthritis Lori 12:10 - 1:00p				
Lap Swim 11:30 - 6:00p		Aqua Arthritis 1:10 - 2:00p		Lap Swim 11:30a - 6:00p		Aqua Arthritis 1:10 - 2:00p		Lap Swim 11:30a - 6:00p		Aqua Arthritis 1:10 - 2:00p	Adaptive Swim 1:00 - 1:30p	Lap Swim 11:30a - 6:00p	Aqua Arthritis 1:10 - 2:00p
		Pool Closed 2:00 - 5:00p Physical Therapy Patients ONLY				Family Swim 1:00 - 4:00p 2 Lanes				Pool Closed 2:00 - 4:00p Physical Therapy Patients ONLY			Pool Closed 2:00 - 5:00p Physical Therapy Patients ONLY
Private Swim Lessons 5 - 5:30p 5:30 - 6:00p	Aqua Arthritis Linda 6:10 - 7:00p	Home School PE 1:30 - 3:30p	Open Swim 1:00 - 2:00p	Adaptive Swim Child 4:30 - 5:00p	Open Swim 1:00 - 2:00p	Home School PE 1:30 - 3:30p	Adaptive Swim 1:00 - 1:30p	Group Swim Lessons 4:45 - 5:15p 5:15 - 6:00p	Open Swim 4:00 - 9:45p				
Master's Swim Chrissy 6:00 - 7:30p		Group Swim Lessons 4:45 - 5:15p 5:15 - 6:00p		Private Swim Lessons 5:00 - 5:30p 5:30 - 6:00p		Adaptive Swim 5:00 - 6:00p		Group Swim Lessons 4:45 - 5:15p 5:15 - 6:00p		Adaptive Swim 5:00 - 6:00p	Group Swim Lessons 4:45 - 5:15p 5:15 - 6:00p	Open Swim 4:00 - 9:45p	
		Lap Swim 7:30 - 9:45p 3 Lanes		Aqua Arthritis 6:00 - 7:00p		Master's Swim Chrissy 6:00 - 7:30p		Aqua Arthritis Alexandra 6:10 - 7:00p		Aqua Fitness Patty 6:00 - 7:00p	Aqua Arthritis Alexandra 6:10 - 7:00p	Aqua Fitness Patty 6:00 - 7:00p	Open Swim 6:00 - 8:45p 3 Lanes
Lap Swim 7:30 - 9:45p 3 Lanes	Open Swim 7:00 - 9:45p	Lap Swim 7:00 - 9:45p 3 Lanes	Open Swim 4:00 - 9:45p	Lap Swim 7:30 - 9:45p 3Lanes	Open Swim 7:00 - 9:45p	Lap Swim 7:00 - 9:45p 3 Lanes	Lap Swim 7:00 - 9:45p 3 Lanes	Open Swim 6:00 - 8:45p 3 Lanes	Open Swim 4:00 - 9:45p				
Family Swim 2 Lanes		Family Swim 7:30 - 9:45p 2 Lanes		Family Swim 2 Lanes		Family Swim 2 Lanes				Family Swim 2 Lanes	Family Swim 2 Lanes	Family Swim 2 Lanes	
Pools close at 9:45p								Pools close at 8:45p					

We build strong kids, strong families and strong communities.

Saturday		Sunday	
Pools open at 7:15am			
Lap Pool	Therapy Pool	Lap Pool	Therapy Pool
Lap Swim 7:15 - 10:00a	Open Swim 7:15 - 10:15a	Lap Swim 7:15 - 11:00a	Open Swim 7:15 - 5:45p
Group Swim Lessons Pre 8:30 - 9:00a Youth 9:15 - 10:00a			
Aqua Fitness Suzanne/TBD 10:00 - 11:00a	Group Swim Lessons Parent/Child Pool closed 10:15 - 10:45a		
Private Swim Lessons 11:00 - 11:30a 11:30a - 12:00p	Aqua Arthritis Suzanne/TBD 11:10a - 12:00p		
Lap Swim 11:00a - 5:45p 3 Lanes Lap Swim Family Swim 2 Lanes	Open Swim 12:00 - 5:45p	Lap Swim 11:00a - 5:45p 3 Lanes Lap Swim Family Swim 2 Lanes	
Pools close at 5:45p			

Notes	
<p>During classes or aquatic staff in-service training, additional lanes are needed in the lap pool. You must be at least 13 years old to use the lap pool (except during family swim) and 18 years old to use the therapy pool.</p>	
Brooks Family YMCA 10423 Centurion Parkway North Jacksonville, FL 32256 904.854.2000 / fax 904.854.2018 www.firstcoastymca.org	Open Swim Lane Suggestion Lane 1 - Aqua Walking Lane 2 - Novice Swim Lane 3 - Intermediate Swim Lane 4 - Advanced Swim Lane 5 - Master's Swim Circle swim or side-by-side swim encouraged when lanes are full and are subject to change any time.

Aquatics Programs	
Aqua Arthritis	Aqua Fitness
<p>This specialized class is for individuals suffering from arthritis or arthritis-like symptoms. You will increase your flexibility and range of motion. The classes use the entire Therapy Pool.</p> <p>14 person max - sign up required</p>	<p>A refreshing alternative to land aerobics with low impact. This class offers a cardio workout with muscular gains by using the natural resistance of the water.</p> <p>Two lap lanes are used during the</p> <p>23 persons or more will extend lane</p>
Adaptive Aquatics(Adults)	Adaptive Aquatics(Child)
<p>This special needs adult only class features basic swim instruction with the emphasis on increasing flexibility, balance and range of motion. Small group and one-on-one focus time helps increase confidence while strengthening the body and mind.</p>	<p>and water safety instruction for educational and leisure purposes for children with special needs. Once in the pool, gentle swim exercises will work the muscles and increase circulation and confidence. This is a paid program.</p>
Family Swim	Home School PE
<p>This time is for families to splash around and swim in their own dedicated lap lane. Families can make use of our lifejackets, water noodles and toys. Two lap lanes are designated during this time.</p>	<p>This part of the home school program includes the aquatic side of physical education. Parents and children take part in water activities together. This is a paid program.</p>
Group Swim Lessons	Private Swim Lessons
<p>You can choose from either a Parent/Child, Pre-school or Youth classes for ages 6 mths to 12 yrs old. Your child will learn water safety, stroke fundamentals and how to have fun in the water. This is a paid program.</p>	<p>A class you can call your own! This one-on-one format is to help those who are afraid of the water or to improve stroke mechanics in a setting where it is all about you. This is a paid program.</p>
Master's Swim	Stroke Improvement
<p>Open to all advanced swimmers who are dedicated to improving their fitness through swimming. There are two choices of either morning or evening classes with our experienced and knowledgeable coaches. Four lap lanes are used during each class.</p>	<p>This class is a great tool to improve your stroke mechanics and can be used as a stepping stone to the Master's Swim Program. One lap lane is designated for this class.</p>
*All programs are subject to change at any time.	
Therapy Pool closed	
Fee based program	

* Operating hours and program dates and times are subject to change at any time

