

May Aquatics Schedule 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap/ Leisure swim 6:00am-8:55am	Lap/ Leisure swim 6:00am-8:55am	Lap/ Leisure swim 6:00am-8:55am	Lap/ Leisure swim 6:00am-8:55am	Lap/ Leisure swim 6:00am-8:55am	Lap/ Leisure swim 6:00am-7:45am	Lap/ Leisure swim 6:00am-8:00am
Lap 9-10 2 Lanes	Lap 9-10 2 Lanes	Lap 9-10 2 Lanes	Lap 9-10 2 Lanes	Lap 9-10 2 Lanes		
Leisure 9-10 2 Lanes	Leisure 9-10 2 Lanes	Lessons 9-10 2 Lanes	Leisure 9-10 2 Lanes	Leisure 9-10 2 Lanes		
Water Fitness with Fatima 10am-11am	Water Fitness with Gina 10am-11am	Water Fitness with Fatima 10am-11am	Water Fitness with Gina 10am-11am	Water Fitness with Fatima 10am-11am	Lap 750-830 2 Lanes	Swim Lessons 8am-9am 3 Lanes
Lesson 11am-12pm 1 Lane	Lap 11-2	Family Swim 11pm-12pm	Lap 11-2	Family Swim/ 11pm-12pm	Lessons 750-830 2 Lanes	Lap 8-9 1 Lane
Family Swim 11pm-12pm 3 Lanes						Swim Lessons 9-11 2 Lanes
Lap 12pm-2pm	Family Swim 2pm-3pm 2 Lanes	Lessons 12pm-1pm 1 Lane	Family Swim 2pm-3pm 2 Lanes	Lap 12pm-2pm	Swim Lessons 835am-12:30pm	Masters Swim 9-11 2 Lanes
Lap Swim 2pm-4pm 3 Lanes	Lap Swim 12pm-3pm 2 Lanes	Family Swim 2pm-3:30pm 2 Lanes	Lap Swim 2pm-2pm 2 Lanes	Family Swim 2pm-3pm 2 Lanes		Birthday Party 11-12
Swim lessons 3pm-6pm 1 Lane	Swim Lesson 3pm-7pm 1 Lane	Lap Swim 12pm-1pm 3 Lanes	Lessons 3pm-7:45pm 1 Lane	Swim Lessons 3pm-5pm 1 Lane	*Family swim* 12:30pm-3:55pm	Family swim 12:05pm-1:55pm
Swim lessons 6-7pm 2 lanes	Swim Team 3pm-7pm 3 Lanes	Lap Swim 1pm-2pm 4 Lanes	Swim Team 3pm-7pm 3 Lanes	Lap Swim 2pm-3pm 2 Lanes	Lap/ Leisure swim 4:00pm-4:45pm	
Sea Otter Starters 6pm-7pm 2 Lanes		Lap Swim 2pm-3:30pm 2 Lanes		Swim Lessons 3pm-5pm 1 Lane		
		Swim Team 3:30pm-7pm		Swim Lessons 3pm-5pm 1 Lane		
Masters Swim Team 7pm-8pm	Family Swim 7-7:45PM 2 Lanes			Sea Otter Starters 5pm-6pm 2 Lanes		
	Lap Swim 7-7:45 PM 2 Lanes	Masters Swim Team 7pm-8pm		Swim Team 4pm-6pm 2 lanes		
			Lap Swim 7-7:45PM 1 Lane			
			Family Swim 7-7:45PM 2 Lanes			
				Family Swim 6pm-7:45pm		

Pool Partys and rentals
 Thursday May 4th POOL CLOSED 5:45-8:00pm for our May The Fourth party.
 Saturday May 13th POOL CLOSED 12:30-2:30PM
 Friday June 2d POOL CLOSED 5:45-8:00pm for a Flick and Float, movie TBD

THIS SCHEDULE IS EFFECTIVE April 17th-June 17th

NOTE THAT ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Pool Rules

Lap Swim

Continuously swimming from one end to the other.

Leisure

Light swimming, Aqua jogging or Water aerobics.

Water Fitness

Instructor lead class

This class is set to music to keep you motivated! Every class includes a warm-up, cardio, strength-training exercises, and, cooldown. Exercises may include water walking, bicep curls, and leg lifts, most water workouts are done in the shallow end of the pool.

Family Swim

Ideal for families who want to spend some quality pool time together in a friendly and safe environment. A parent or guardian must be present in the water for anyone under the age of 6 and or anyone wearing a flotation device.

Swim Lessons

Swim Lessons run in session of 6-8 weeks. We offer lessons for ages 6 months old to 99 years old, in a group or a private lesson setting.

Please Email btoro@gpymca.org with any swim lesson questions

Swim Team

Swim Team runs September to March, April- July
Try-outs are required.

The Kent County Sea Otters rages in ages from 5-18!

Masters Swim Team

Masters Swim Team runs from September to June.
Ages 18+, registration required

- All bathers must take a cleansing shower with soap and hot water prior to entering the Aquatic Venue
- Any person who currently has or had diarrhea within the prior two weeks is prohibited from using the Aquatic Venue
- Any person with an infectious and/or communicable disease shall be prohibited from utilizing the swimming pool, including persons with open lesions, blisters and/or cuts or rashes
- Hyperventilation or extended breath holding activities are prohibited
- Spitting, spouting water, and blowing the nose in the swimming pool are prohibited
- Running, boisterous, or rough play in the swimming pool and surrounding areas are prohibited
- Pets and other animals are prohibited within the swimming pool and pool deck area
Service animals with appropriate The Americans with Disabilities Act paperwork are welcome
- Food and drink within the swimming pool and pool deck are prohibited including any glassware. Water in plastic containers is allowed
- Swimmers ages 6 & under must be accompanied in the water by an adult (18+) regardless of child's swimming ability. The adult must remain within arm's reach of the child
- Swimmers ages 7-10 must have an adult (18+) remain on the pool deck

A deep end test is given to anyone under the age of 18 who would like to swim in the deep end. The deep end test is swimming one length of the pool on your stomach, one length of the pool on your back, and treading water for 1 minute

Pool Partys

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