



FOGLIA YMCA AQUATICS SCHEDULE

April 2024

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------|--|--|--|--|--|---|----------------|
| Lap Pool Hours | 5:30am-8:00pm | 5:30am-12pm 2:00pm-8:00pm | 5:30am-8:00pm | 5:30am-12pm 2:00pm-8pm | 5:30am-7:00pm | 7am-4:30pm | 7am-4:30pm |
| Instructional Pool Hours | 8am-12pm 4-8:00pm | 8am-12pm 4-8:00pm | 8am-12pm 4-8:00pm | 8am-12pm 4-8:00pm | 8am-12pm 4-6:30pm | 12:30-4:30pm | 12:30-4:30pm |
| Water Fitness | Aqua Arthritis 8-8:45am Instructional | Aqua Arthritis 8:15-9am Instructional | Aqua Yoga 8-8:45am Instructional | Aqua Arthritis 8:15-9am Instructional | Deep Water Fitness 9-10:00am Lap Pool | Deep Water Fitness 9:30-10:30am Lap Pool | |
| | Aqua Fit 9-9:45am Lap Pool | Deep Water Fitness 9-10am Lap Pool | Water Fitness 9-9:45am Lap Pool | Deep Water Running 9-9:45am Lap Pool | | | |
| | Water Fitness 10-10:45am Lap Pool | Water Fitness 10:15-11am Lap Pool | Deep Water Fitness 10:15-11:15am Lap Pool | Water Fitness 10-10:45am Lap Pool | | | |
| Group Swim Lessons | 4:30-7pm | 4:30-7pm | 4:30-7pm | 4:30-7pm | | 8:30am-12:30pm | 8:30am-12:30pm |
| Aquaducks Swim Team | Stroke Clinic <i>Group 2: 6:15 PM-8 PM</i> | Stroke Clinic <i>Group 1: 5 PM-6:15 PM</i> <i>Group 2: 6:30 PM-8 PM</i> | Junior Aquaducks 5:15pm-6:15pm Stroke Clinic <i>Group 2: 6:30pm-8pm</i> | Stroke Clinic <i>Group 1: 5 PM-6:15 PM</i> <i>Group 2: 6:30 PM-8 PM</i> | Junior Aquaducks 4:30-5:30pm Lap Pool | | |

- › Schedule is subject to change.
 - › Swim assessments will be available on Sundays from 1-1:30pm. No appointment is necessary.
 - › A limited number of lanes will be available during programming times.
 - › Private Swim lessons will receive priority access to the pools during regular operating hours.
 - › For additional program information, please visit the Foglia YMCA website at fogliaymca.org.
 - › **Children ages 7 YEARS OR YOUNGER** must have a parent or caregiver at least 16 years of age in the pool area with them at all times. If the child has not passed the swim test, parent/caregiver must be in the water within arm's reach. If the child has passed the swim test, parent/caregiver must be present in the pool area but is not required to be in the water.
 - › **Children ages 8-10 who have passed** the swim test may use the pool, but parent/caregiver must remain in the facility. If the child does not pass the test, parent/caregiver must be in the water with them at all times within arm's reach.
 - › **Youth ages 11-16** who pass the swim test may use the pool at all depths. If Youth 11-16 do not pass the swim test, then they must adhere to swim safety rules of the facility's aquatic department, which may vary from one facility to another. All individuals 16 years or younger must pass a swim test to use the deep end of the pool.
- Lifeguards have final discretion and authority to enforce pool rules for the safety of all swimmers.**

For additional information or questions, please contact 847-438-5300.

fogliaymca.org