



# November 11, 2020

## THERAPY POOL SCHEDULE

### UNION COUNTY FAMILY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
THERAPY SWIM 5AM-8AM	THERAPY SWIM 5AM-11AM	THERAPY SWIM 5AM-8AM	THERAPY SWIM 5AM-8AM	THERAPY SWIM 5AM-8AM		
ARTHRITIS 8AM-8:45AM		ARTHRITIS 8AM-8:45AM	ARTHRITIS 8AM-8:45AM	ARTHRITIS 8AM-8:45AM		
THERAPY SWIM 8:45AM-11AM		THERAPY SWIM 8:45AM-11AM	THERAPY SWIM 8:45AM-11AM	THERAPY SWIM 8:45AM-11AM	THERAPY SWIM 9AM-10:30AM	
CLOSED 11AM-1PM	CLOSED 11AM-1PM	CLOSED 11AM-1PM	CLOSED 11AM-1PM	CLOSED 11AM-1PM	SWIM LESSONS 10:30AM-12:35PM	
MEMORIAL HEALTH 1PM-4PM	MEMORIAL HEALTH 1PM-4PM	MEMORIAL HEALTH 1PM-4PM	MEMORIAL HEALTH 1PM-4PM	MEMORIAL HEALTH 1PM-4PM	THERAPY SWIM 12:35PM -1PM	
THERAPY SWIM 4PM-5PM	THERAPY SWIM 4PM-6PM	THERAPY SWIM 4PM-5PM	THERAPY SWIM 4PM-5PM	THERAPY SWIM 4PM-8:45PM	CLOSED 1PM	THERAPY SWIM 12PM-5PM
ARTHRITIS 5PM-6PM		ARTHRITIS 5PM-6PM	AQUA TONE 5PM-6PM			
THERAPY SWIM 6PM-8:45PM	SWIM LESSONS 6PM-7:40PM	SWIM LESSONS 6PM-7:40PM	THERAPY SWIM 6PM-8:45PM			CLOSED 5PM
	THERAPY SWIM 7:40PM-8:45PM	THERAPY SWIM 7:40PM-8:45PM				
CLOSED 8:45PM						

CHANGES IN THE ABOVE SCHEDULE ARE SUBJECT TO OCCUR WITH LITTLE OR NO NOTICE.

For real time updates download our Daxko app. Simply visit the Apple App Store or Google Play Store on your smart phone or tablet and download DAXKO. Make sure to put Union County Family YMCA as your home YMCA.

Therapy swim includes water walking and exercise. **No family swim.**

The Therapy Pool is closed for Swim Lessons.

These activities are instructor lead.

Memorial Hospital Physical Therapy rental.



# November 11, 2020 LAP POOL SCHEDULE UNION COUNTY FAMILY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>OPEN SWIM 5AM-1PM</p> <p>HS SWIM TEAM (5 LANES) 5:30AM-6:45AM</p> <p>SHALLOW AEROBICS 8:15AM-9:15AM (4 LANES)</p>	<p>OPEN SWIM 5AM-1PM</p> <p>HS SWIM TEAM (5 LANES) 5:30AM-6:45AM</p> <p>DEEP WATER POWER PUMP 9:30AM-10:30AM (4 LANES)</p>	<p>OPEN SWIM 5AM-1PM</p> <p>HS SWIM TEAM (5 LANES) 5:30AM-6:45AM</p> <p>SHALLOW AEROBICS 8AM-9AM (4 LANES)</p>	<p>OPEN SWIM 5AM-1PM</p> <p>HS SWIM TEAM (5 LANES) 5:30AM-6:45AM</p> <p>DEEP WATER POWER PUMP 9:30AM-10:30AM (4 LANES)</p>	<p>OPEN SWIM 5AM-1PM</p> <p>HS SWIM TEAM (5 LANES) 5:30AM-6:45AM</p>	<p>OPEN SWIM 7AM-1PM</p> <p>SWIM LESSONS 9AM-11AM (1 LANE) UCFY Swim Team (5 LANES) 9AM-11:45AM</p> <p>CLOSED 1PM</p> <p>SYNCHRO (4 LANES) 1PM-6PM</p>	<p>SYNCHRO (4 LANES) 8AM-1PM</p> <p>OPEN SWIM 12PM-5:45PM</p> <p>CLOSED 6PM</p>
<p>CLOSED 1PM-4PM</p> <p>MHS Swim Team (5 LANES) 3:30PM - 5:30PM</p> <p>UCFY Swim Team (5 LANES) 5:45PM-8:30PM</p> <p>3 OPEN SWIM LANES</p>	<p>CLOSED 1PM-4PM</p> <p>MHS Swim Team (5 LANES) 3:30PM - 5:30PM</p> <p>SWIM LESSONS (1 LANE)</p> <p>UCFY Swim Team (5 LANES) 5:30pm-8:30PM</p> <p>2 OPEN SWIM LANES</p>	<p>CLOSED 1PM-4PM</p> <p>MHS Swim Team (5 LANES) 3:30PM - 5:30PM</p> <p>SWIM LESSONS (1 LANE)</p> <p>UCFY Swim Team (5 LANES) 5:30pm-8:30PM</p> <p>2 OPEN SWIM LANES</p>	<p>CLOSED 1PM-4PM</p> <p>MHS Swim Team (5 LANES) 3:30PM - 5:30PM</p> <p>UCFY Swim Team (5 LANES) 5:45PM-8:30PM</p> <p>3 OPEN SWIM LANES</p>	<p>CLOSED 1PM-4PM</p> <p>MHS Swim Team (5 LANES) 3:30PM - 5:30PM</p> <p>UCFY Swim Team (5 LANES) 5:45PM-8:30PM</p> <p>3 OPEN SWIM LANES</p>		
<p>CLOSED 9PM</p>						

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Open swim is for all ages. Lane availability varies.

These activities are instructor lead.

Swim Lessons and Swim Team.

Rental agreements.

To utilize the deep end, all swimmers younger than 12 years of age must take a swim test annually.

The swim test is as follows:

Enter water by jumping in and surfacing to the top.

Tread water for 60 seconds.

Swim the length of the pool consistently and unassisted showing a front crawl stroke.

Float on back showing the skills is efficient.