



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

THERAPY POOL SCHEDULE*

YMCA of Portsmouth

Effective: January 2012

Monday & Wednesday 8:00AM-8:00PM • Tuesday & Thursday 5:00-8:00PM • Saturday 8:00AM- 3:00PM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM	OPEN SWIM 8-9:00AM		OPEN SWIM 8-9:00AM		OPEN SWIM 8-9:00AM	OPEN SWIM 8-9:00AM
9:00AM	AQUACISE 9-9:50AM		AQUACISE 9-9:50AM		AQUACISE 9-9:50AM	YOUTH SWIM LESSONS 9-12:30PM
10:00AM	H₂O THAI CHI 10-11:00AM		PRESCHOOL 10-11:00AM		H₂O THAI CHI 10-11:00AM	
11:00AM	ARTHRITIS PLUS 11-12:00PM		ARTHRITIS PLUS 11-12:00PM		ARTHRITIS PLUS 11-12:00PM	
12PM	ARTHRITIS BASIC 2 12-12:45PM		ARTHRITIS BASIC 2 12-12:45PM		ARTHRITIS BASIC 2 12-12:45PM	FAMILY SWIM/ 12:30-3:00PM And SPLASH ZONE
1:00PM	ARTHRITIS In Motion 1-2:00PM		ARTHRITIS In Motion 1-2:00PM		ARTHRITIS In Motion 1-2:00PM	
2:00PM	ARTHRITIS BASIC 1 2-3:00PM		ARTHRITIS BASIC 1 2-3:00PM		ARTHRITIS BASIC 1 2-3:00PM	
3:00PM	OPEN SWIM 3-4:30PM		OPEN SWIM 3-4:30PM		OPEN SWIM 3:00-4:00PM	Pool closes @ 3:00PM
4:00PM					Afterschool/ Open Swim 4-5:00PM	
5:00PM	SWIM LESSONS 4:30-6:00PM	OPEN SWIM 5-6:00PM	SWIM LESSONS 4:30-6:00PM	OPEN SWIM 5-6:00PM	FAMILY SWIM 5:00-8:00PM And SPLASH ZONE	
6:00PM	ARTHRITIS For Working Adults 6-7:00PM	AQUACISE 6:05-6:50PM	ARTHRITIS For Working Adults 6-7:00PM	AQUACISE 6:05-6:50PM		
7:00PM	FAMILY SWIM And SPLASH ZONE 7-8:00PM	FAMILY SWIM And SPLASH ZONE 7-8:00PM	FAMILY SWIM And SPLASH ZONE 7-8:00PM	FAMILY SWIM And SPLASH ZONE 7-8:00PM		
8:00PM	Pool closes @ 8:00pm					

*Schedule may change due to extenuating circumstances.

- ❖ **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 allowed.
- ❖ **OPEN SWIM** –recreational swimmers and or family swimmers.
- ❖ Proper bathing suits are required. No cut offs of any type of material. No revealing bathing suits. T-shirts may be worn WITH a proper bathing suit or trunks.
- ❖ **NO DIVING ALLOWED** - Patrons can only JUMP off the deep end wall.