



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

NORTH PORT YMCA

Swimming Tips

To avoid accidents, when entering an occupied lane, please get the swimmer's acknowledgement that you are there.

Lap Lane Directions

If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:00 Splash Works Cori <i>*Lap Swim</i>	9:00-10:00 Deep & Fit Meg <i>*Lap Swim</i>	9:00-10:00 Aqua Zumba Kyle <i>*Lap Swim</i>	9:00-10:00 Water Movement Keet <i>*Lap Swim</i>	9:00-10:00 Aqua Zumba Kyle <i>*Lap Swim</i>		
10:00-11:00 Making Waves Mary <i>*Lap Swim</i>	10:00-11:00 Water Aerobics Meg <i>*Lap Swim</i>	10:00-11:00 Making Waves Kyle <i>*Lap Swim</i>	10:00-11:00 Deep Water Explosion Keet <i>*Lap Swim</i>	10:00-11:00 Making Waves Kyle <i>*Lap Swim</i>		
11:00-12:00 Open Swim	11:00-12:00 Open Swim	11:00-12:00 Open Swim	11:00-12:00 Open Swim	11:00-12:00 Open Swim	11:00-12:00 Swim Lessons	
12:00-1:00 Open Family Swim	12:00-1:00 Open Family Swim	12:00-1:00 Open Family Swim	12:00-1:00 Open Family Swim	12:00-1:00 Open Family Swim	11:00-3:30 Open Family Swim	11:00-3:30 Open Family Swim
1:15-3:00 Open Family Swim	1:15-3:00 Open Family Swim	1:15-3:00 Open Family Swim	1:15-3:00 Open Family Swim	1:15-3:00 Open Family Swim	<i>*2 lanes open for Lap Swim</i>	<i>*2 lanes open for Lap Swim</i>
					<i>Lifeguard Break 1:00-1:15pm</i>	<i>Lifeguard Break 1:00-1:15pm</i>
*Pool and Locker Room will close at 3:00PM	*Pool and Locker Room will close at 3:00PM	*Pool and Locker Room will close at 3:00PM	*Pool and Locker Room will close at 3:00PM	*Pool and Locker Room will close at 3:00PM	*Pool and Locker Room will close at 3:30PM	*Pool and Locker Room will close at 3:30PM

Lifeguard Breaks (if needed)

Monday-Friday

11:15am-11:30am

1:00pm-1:15pm

Saturday & Sunday

1:00pm-1:15pm

Schedule is subject to change



WATER EXERCISE CLASS DESCRIPTIONS

NORTH PORT POOL -YMCA

5935 Greenwood Ave.
North Port FL 34287
941-429-2269

Splash Works- This is a light cardiovascular strength and endurance class. Feel the magic of water in this low impact total body workout. Gain endurance while you improve your balance, range of motion in your joints and muscle tone. You'll leave this class refreshed and energized. Let Water Works "make your day"! (Beginner)

Making Waves- An Aqua class that is an aerobic workout perfect for people of all levels of fitness. At Making Waves our classes use the dynamics of water to help relieve pain and stiffness while providing a fun and social opportunity. Classes will focus on strength, flexibility and toning, while being easy on the joints! This little to no impact workout combines the use of water weights. It is a fun way to stay fit and healthy and is beneficial for anyone looking for a muscle-toning workout. This class allows participants to work at their own pace in shallow water! It is not necessary to know how to swim. (Beginners to Advanced)

Deep & Fit- In this class you will use the dynamics of water to help feel accomplished! Participants combine cardiovascular work, deep-water running, jogging, & bicycling movements. Class focuses on muscular strength motions that work the body's major muscle groups as well as motions that work the core and balance. (Intermediate to Advanced)

Water Aerobics- This very popular class is designed for the general population—all are welcome. The class participant will experience a great cardio workout while providing low-impact, muscular resistance and a wide range of exercises. Get it all in this class. You will be completely physically satisfied when you allow your personal schedule to include cardio explosion! (Beginners to Advanced)

Liquid Motion- Pilates in the Water! This barre workout features usable Pilates and basic dance exercises with the integration of vigorous ballet jumps and leaps for agility, power, and flexibility. The noodle becomes a ballet barre in this classic aqua adaptation of Pilates and dance exercises, performed with a mind/body & sports conditioning connection.

Deep Water Explosion- Take a load off your feet and join us in a deep water cardio class. Using a waist support, this class will relieve pressure on your joints while still giving you an invigorating workout. You will be guided through a series of strength building and cardio exercises. If you want to have fun, meet some really special people and enjoy a vigorous workout at the same time, come and see what it's all about! (Intermediate to Advanced)

Water Movement- This very popular class is designed for the general population—all are welcome. The class participant will experience a great cardio workout while providing low-impact, muscular resistance and a wide range of exercises. (Beginner)

Aqua Zumba – Otherwise known as a "pool party", Aqua Zumba gives a new meaning to the idea of an invigorating workout. This class takes place in our heated indoor pools. Splashing, stretching, twisting, shouting and laughing are often heard during an Aqua Zumba shallow water class. Aqua Zumba integrates the Zumba formula and philosophy with traditional aqua fitness disciplines and blends in all together into a safe, challenging, water-based workout that's cardio conditioning, body toning and most of all- exhilarating beyond belief!



The North Port YMCA Pool

5935 Greenwood Avenue, North Port, FL 34287

If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third swimmer immediately changes the lane to circle swim format. Please let lap swimmers know before you enter a lane.

If swim teams are in session in the afternoon, no adults can be on the pool deck or in the water unless you hold a USA swim masters card. You must present this card to the coaches and register for the masters swim program.

Pool closes for all thunder and lightning in the area for at least 30 minutes per strike.

All adults over the age of 18 must show photo I. D.

Flotation devices, toys, coolers or food and drinks are NOT permitted.

Prices are for all entering pool facility.

\$2.00 a day for Non Members

Ages 0-3 Free

Monthly Pool Memberships:

\$20/month – Individual \$35/month – Family

(\$10 Joiner Fee)

***We do not give REFUNDS for unused time or closure due to weather.**

**WE DO NOT GUARANTEE POOL WATER TEMPERATURES
OR LAP LANE AVAILABILITY.**