# AQUATICS SCHEDULE
## CURRITUCK FAMILY YMCA

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>Lap Swim 5:30–9:00am</td>
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<td>Water Fit 9–10am</td>
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<td>Swim Lessons 9:00–11:00am</td>
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<td>Swim Lessons 10:00–11:00am</td>
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<tr>
<td>Gentle Water Fit 11am–12pm</td>
<td>Water Pilates 10:30–11:30am</td>
<td>Gentle Water Fit 11am–12pm</td>
<td>Water Pilates 10:30–11:30am</td>
<td>Gentle Water Fit 11am–12pm</td>
<td>Family Swim 11:00–11:45pm</td>
<td>Barracuda Swim Team 2:00–3:00pm</td>
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<td>Family Swim 12:00–3:00pm</td>
<td>Family Swim 11:30–4:30pm</td>
<td>Family Swim 12:00–3:00pm</td>
<td>Family Swim 11:30–3:00pm</td>
<td>Family Swim 12:00–3:00pm</td>
<td>Terrific Turtles 1:00–2:00pm</td>
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<tr>
<td>C.C.H.S Swim Team 3:00–4:30pm</td>
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<tr>
<td>Barracuda Swim Team 5:00–7:00pm</td>
<td>Swim Lessons 4:45–7:00pm</td>
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<td>Family Swim 7:00–8:45pm</td>
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<td>Family Swim 4:30–8:45pm</td>
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## DESCRIPTIONS

**GENTLE WATER FIT** - This class has minimal impact on the joints and is designed to improve joint flexibility and muscle strength.

**WATER FIT** - This class is designed for all fitness levels and has minimal impact on the joints. Instructors incorporate a variety of muscular, endurance and flexibility training in held in shallow water.

**WATER PILATES** – Performed in deep and/or shallow water this class works on slow stretching and strengthen exercises.

**TERRIFIC TURTLES** – Adaptive swim lessons for Central Elementary’s special needs class funded through the Annual Giving Program.

**C.C.H.S Swim Team** – Currituck County High School Swim Team

**Barracuda Swim Team** – Currituck Family YMCA’s Swim Team

See reverse side for pool rules.
CURRITUCK YMCA
POOL RULES

- Only swim when a lifeguard is on duty.
- Enter and Exit slowly
- Feet first entry only. NO DIVING.
- No flips, spins or back dives are permitted from the side of the pool.
- Please shower before entering swimming pool.
- Children who are not potty-trained must wear a swim diaper or plastic pants. Disposable diapers are not permitted.
- Please use appropriate changing facilities. Changing on-deck is prohibited.
- A parent/guardian MUST be supervising his/her child, 9 years and younger, at all times. Non-swimmers must be within arm’s reach of a parent or supervising guardian when they are in more than in chest deep water.
- Children ages 10-12 may use the pool ONLY if a responsible adult is on the Y’s premises and the child has passed the YMCA of South Hampton Roads swim test.
- Swimmers must wear appropriate swimwear; swimsuits only. Shorts and t-shirts over swim suits are permitted. No jeans or cut-offs.
- Children wearing Coast Guard approved flotation devices and non-swimmers must be within arm’s reach of a parent when they are in chest deep water. The aquatic director may make exceptions based on special needs of the swimmer and inspection of the device.
- Glass or metal objects are not permitted in the pool area. Chewing gum, tobacco products and alcohol are not permitted in the Y’s aquatic environments.
- Running, horse playing, pushing, carrying people on shoulders or dunking is prohibited in the swimming pool or deck area.
- Hanging on lane lines and safety ropes is not permitted
- Prolonged underwater swimming and breath holding, and hyperventilation, is not permitted.
- A child may be asked to put on a personal floatation device PDF at a lifeguard’s discretion.
- When the whistle blows, look to a lifeguard immediately!

LIGHTNING POLICY – In case of thunder and/or lightning, the pool will be closed for 20 minutes. If thunder and/or lightning is seen/heard again, the time starts over until there is no sign of thunder and/or lightning.

CURRITUCK FAMILY YMCA
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