



POOL SCHEDULE

TEMPE FAMILY YMCA
SUMMER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM-8:15AM Lap Swim (4) Open Swim (1)	6:30AM-8:15AM Lap Swim (4) Open Swim (1)	6:30AM-8:15AM Lap Swim (4) Open Swim (1)	6:30AM-8:15AM Lap Swim (4) Open Swim (1)	6:00AM-7:00AM Pool Closed	9AM-12PM Lap Swim (2) Lessons/ Open Swim (3)
8:15-9:30AM Water Aerobics/ Swim Lessons (4) Lap Swim (1)	8:30a-9:30AM Swim Lessons (2) Lap Swim (3)	8:15-9:30AM Water Aerobics/ Swim Lessons (4) Lap Swim (1)	8:30-9:30AM Swim Lessons (2) Lap Swim (3)	Weekly Lifeguard Training (5)	12PM-2PM Open Swim Time (3) Lap Swim (1)
9:30AM-11AM Camp Swim (3) Lap Swim (2)	9:30-11AM Camp Swim (3) Lap Swim (2)	9:30AM-11AM Camp Swim (3) Lap Swim (2)	9:30-11AM Camp Swim (3) Lap Swim (2)	7:00-8:15AM Lap Swim (4) Open Swim (1)	
CLOSED 11am-4pm				8:15-9:30AM Water Aerobics/ Swim Lessons (4) Lap Swim (1)	
				9:30AM-11AM Camp Swim (3) Lap Swim (2)	
4-4:30pm Open Swim (3) Lap Swim (2)	4-4:30pm Open Swim (3) Lap Swim (2)	4-4:30pm Open Swim (3) Lap Swim (2)	4-4:30pm Open Swim (3) Lap Swim (2)	9:30AM-11AM Camp Swim (3) Lap Swim (2)	
4:30-6:00pm Lessons (2) Lap Swim (2) Open Swim (1)	4:30-6:00pm Lessons (2) Lap Swim (2) Open Swim (1)	4:30-6:00pm Lessons (2) Lap Swim (2) Open Swim (1)	4:30-6:00pm Lessons (2) Lap Swim (2) Open Swim (1)		
6PM-7PM Swim Team (3) Lessons (2)	6PM-7PM Swim Team (3) Lessons (2)	6PM-7PM Swim Team (3) Lessons (2)	6PM-7PM Swim Team (3) Lessons (2)		

TEMPE FAMILY YMCA

7070 S. Rural Road
Tempe, AZ 85283

*Pool schedule and number of lanes available is subject to change.

Updated 05.27.2019

For Inclement Weather Notifications, Please download our Mobile App to get immediate notifications and pool closures.

CLASSES & PROGRAMS

Registration Now Open!!!

8 lessons: \$80 members/\$150 non-members

SWIM LESSONS

Did you know the Y owns and operates more swimming pools than any other organization in the country? We teach millions of children and adults to swim and be safe around the water each year. The Y is America's swim instructor not only because we teach technical skills but because we realize that swimming and water safety programs provide an opportunity to teach much more than that.

Swim Starters (Parent & child lessons)

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

Swim Basics (Stages 1-3)

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: swim, float, swim (sequencing front glide, roll, back float, roll, front glide, and exit) and jump, push, turn, grab.

Swim Strokes (Stages 4-6)

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

PRIVATE SWIM LESSONS

Interested in learning how to swim or looking to refine your strokes in a one-on-one setting? With your motivation and goals our coaches provide feedback, drills and sets to continue your healthy lifestyle in the pool. Lessons are 30 minutes and open to every age.

SWIM TEAM!

Join the Tempe Typhoons for our Recreational Summer Swim Team!

2 Day/Week Option

4 Day/Week Option

WATER AEROBICS

This multi-dimensional workout emphasizes cardiovascular endurance, core stability, muscle strength and flexibility through a series of movements in the water. Our instructors offer a variety of intensity levels and will help you meet your individual goals while working at your own pace.

Shallow Water– Mondays/Wednesdays, 8:15-9:15AM

LAP SWIM ETTIQUETTE

CIRCLE SWIMMING

Circle swimming is important for everyone's safety and enjoyment. Circle swim counter-clockwise, always staying to the right and leaving room for others to pass on the left. In a single lane, it is best to pass at the end of the lane. Please stand to one side to allow faster swimmers to pass.

Maximum number of swimmers per lane is 5, exceptions can be made at the lifeguard's discretion.

CONTACT INFORMATION

CASSIDY MARMONT, AQUATICS DIRECTOR

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REGISTRATION & MEMBER SERVICES

480-730-0240 or www.ValleyYMCA.org/tempe

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