



# AQUATICS SCHEDULE

GREATER RIDGECREST BRANCH — 4/1/24 -

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Hours Updates: Pool Hours 10:30am - 2:00pm for Special Event on 4/27/24**  
**Healthy Kids Day is Saturday April 20th, please plan accordingly for high traffic that day**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:00am to 9:00am</b>	<b>POOL OPENS AT: 6:00am</b> LAP SWIM 4 Lanes OPEN SWIM	<b>POOL OPENS AT: 6:00am</b> <b>MASTERS TEAM 6:00am - 7:30am</b> OPEN SWIM	<b>POOL OPENS AT: 6:00am</b> LAP SWIM 4 Lanes OPEN SWIM	<b>POOL OPENS AT: 6:00am</b> <b>MASTERS TEAM 6:00am - 7:30am</b> OPEN SWIM	<b>POOL OPENS AT: 6:00am</b> LAP SWIM 4 Lanes OPEN SWIM	<b>POOL CLOSED</b> <b>WFLA SWIM TEAM 7:30am - 10:00am</b>
<b>9:00am to 12:00pm</b>	LAP SWIM 4 Lanes OPEN SWIM	LAP SWIM 4 Lanes OPEN SWIM	LAP SWIM 4 Lanes OPEN SWIM	LAP SWIM 4 Lanes OPEN SWIM	LAP SWIM 4 Lanes OPEN SWIM	<b>POOL OPENS AT: 10:30am</b> <b>SWIM LESSONS 10:30am - 1:30pm</b> OPEN SWIM
<b>12:00pm to 4:00pm</b>	<b>WFLA SWIM TEAM 2:30pm - 6:30pm</b> OPEN SWIM	<b>WFLA SWIM TEAM 2:30pm - 6:30pm</b> OPEN SWIM	<b>WFLA SWIM TEAM 2:30pm - 6:30pm</b> OPEN SWIM	<b>WFLA SWIM TEAM 2:30pm - 6:30pm</b> OPEN SWIM	<b>WFLA SWIM TEAM 2:30pm - 6:30pm</b> OPEN SWIM	<b>SWIM LESSONS 10:30am - 1:30pm</b> <b>WATER EXERCISE 12:00pm - 1:00pm</b> LAP SWIM
<b>4:00pm to 7:00pm</b>	<b>WFLA SWIM TEAM 2:30pm - 6:30pm</b> <b>SWIM LESSONS 4:00pm - 5:00pm</b> <b>POOL CLOSES AT 7:00pm</b>	<b>WFLA SWIM TEAM 2:30pm - 6:30pm</b> <b>WATER EXERCISE 4:00pm - 5:00pm</b> <b>POOL CLOSES AT 7:00pm</b>	<b>WFLA SWIM TEAM 2:30pm - 6:30pm</b> <b>SWIM LESSONS 10:30am - 1:30pm</b> <b>POOL CLOSES AT 7:00pm</b>	<b>WFLA SWIM TEAM 2:30pm - 6:30pm</b> <b>WATER EXERCISE 4:00pm - 5:00pm</b> <b>POOL CLOSES AT 7:00pm</b>	<b>WFLA SWIM TEAM 2:30pm - 6:30pm</b> OPEN SWIM <b>POOL CLOSES AT 7:00pm</b>	LAP SWIM 4 Lanes FAMILY SWIM <b>POOL CLOSES AT 4:00pm</b>

### WATER TEMPERATURE: About 82\*

**OPEN SWIM** — Open shallow area with 0'-depth entry for relaxed swimming, pool games, water walking and stretching. Aquatics staff may reserve a portion of this area for group or private swim lessons at any time. NO Slide during this time.

**FAMILY SWIM** — Open shallow area with 0'-depth entry for relaxed swimming, pool games, water walking and stretching. Aquatics staff may reserve a portion of this area for group or private swim lessons at any time. No Family Swim during Swim Lessons, Camp Swim, Swim Team Practices, or Water Exercise Classes.

**LAP SWIM** — Lap Lanes are available throughout the week. Lessons, Swim Teams, or Classes may occasionally limit lap lane availability.

**SWIM BANDS** — PLEASE SEE BACK FOR SWIM TEST AND BAND INFORMATION. TEST ARE REQUIRED FOR CHILDREN UNDER 14.

**SWIM TEAM PRACTICES** — Swim Teams are permitted up to 6 Lanes, with the exception of programming lanes. Lap Lane availability WILL be limited during Swim Team Practice times. No Family Swim during this time.

**COLD WEATHER** — Pool closes any time pool temperature drops below 75 degrees or if the air temperature is below 40 degrees.

**INCLEMENT WEATHER** — Aquatics staff are required to clear the pool area (including deck and locker rooms) during heavy rain, strong winds, or when lightning is detected within 7 miles of our location



# Aquatics Programs

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SWIM LESSON SELECTOR

### WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years  
PARENT\* & CHILD:  
STAGES A–B



3 years–5 years  
PRESCHOOL:  
STAGES 1–4



5 years–12 years  
SCHOOL AGE:  
STAGES 1–6



12+ years  
TEEN & ADULT:  
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

### WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

A / WATER  
DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B / WATER  
EXPLORATION

Will the student go underwater voluntarily?

NOT YET

1 / WATER  
ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET

2 / WATER  
MOVEMENT

Can the student swim 10–15 yards on his or her front and back?

NOT YET

3 / WATER  
STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET

4 / STROKE  
INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5 / STROKE  
DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6 / STROKE  
MECHANICS



YMCA OF THE SUNCOAST  
MASTERS  
SWIMMING



### RED LEVEL

SWIM TEST (without flotation assistance)

- Youth who choose not to take a swim test
- Those who are progressing toward the yellow and green band requirements

### YELLOW LEVEL

SWIM TEST (without flotation assistance)

- Shallow end, swim on front in horizontal position
- Swim half the length of a 25-yard pool
- Jump in feet first and touch bottom of pool. Surface and tread water for at least 30 seconds

### GREEN LEVEL

SWIM TEST (without flotation assistance)

- Swim 25 yards with horizontal movement and arms out of the water
- Jump in feet first and touch bottom of pool. Surface and tread water for 1 minute