



# AQUATICS SCHEDULE

GREATER RIDGECREST BRANCH — 8/1/24 - 8/31/24

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Hours Updates:**  
**Thursday August 29, 2024 Keswick HS Swim Meet Pool closes at 5:30pm**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:00am to 10:00am</b>	<b>POOL OPENS AT: 6:00am</b> LAP SWIM 3 Lanes OPEN SWIM	<b>POOL OPENS AT: 6:00am</b> LAP SWIM 3 Lanes OPEN SWIM	<b>POOL OPENS AT: 6:00am</b> LAP SWIM 3 Lanes OPEN SWIM	<b>POOL OPENS AT: 6:00am</b> LAP SWIM 3 Lanes OPEN SWIM	<b>POOL OPENS AT: 6:00am</b> LAP SWIM 3 Lanes OPEN SWIM	<b>POOL CLOSED</b> WFLA SWIM TEAM 7:30am – 10:00am
<b>10:00am to 1:00pm</b>	LAP SWIM 3 Lanes OPEN SWIM	LAP SWIM 3 Lanes OPEN SWIM	LAP SWIM 3 Lanes OPEN SWIM	LAP SWIM 3 Lanes OPEN SWIM	LAP SWIM 3 Lanes OPEN SWIM	<b>POOL OPENS AT: 10:30am</b> SWIM LESSONS 10:30am-1:30pm OPEN SWIM
<b>1:00pm to 4:00pm</b>	LAP SWIM 3 Lanes OPEN SWIM	LAP SWIM 3 Lanes OPEN SWIM	LAP SWIM 3 Lanes OPEN SWIM	LAP SWIM 3 Lanes OPEN SWIM	LAP SWIM 3 Lanes OPEN SWIM	SWIM LESSONS 10:30am-1:30pm WATER EXERCISE 12:00pm -1:00pm LAP SWIM
<b>4:00pm to 7:00pm</b>	WFLA SWIM TEAM 2:30pm-4:30pm KESWICK SWIM TEAM 4:00pm-6:00pm WFLA SWIM TEAM 5:30pm-7:30pm <b>POOL CLOSSES AT 8:00pm</b>	KESWICK SWIM TEAM 4:00pm-6:00pm WFLA SWIM TEAM 5:30pm-7:30pm WATER EXERCISE 4:00pm-5:00pm <b>POOL CLOSSES AT 8:00pm</b>	WFLA SWIM TEAM 2:30pm-7:30pm <b>POOL CLOSSES AT 8:00pm</b>	KESWICK SWIM TEAM 4:00pm-6:00pm WFLA SWIM TEAM 5:30pm-7:30pm WATER EXERCISE 4:00pm-5:00pm <b>POOL CLOSSES AT 8:00pm</b>	WFLA SWIM TEAM 2:30pm-5:30pm KESWICK SWIM TEAM 4:00pm-6:00pm <b>POOL CLOSSES AT 8:00pm</b>	LAP SWIM 3 Lanes FAMILY SWIM <b>POOL CLOSSES 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.

**CAMP SWIM** — Camp swim will have the Zero Depth and Slide area closed. Please plan accordingly this summer!

**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