

YMCA Aquatics | Pool Schedule

YMCA of Cass and Clay Counties Fercho Branch, 400 1st Ave S, Fargo

January 2 - June 2, 2019

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
	Lap Pool	Small Pool	Zero Depth	Lap Pool	Small Pool	Zero Depth	Lap Pool	Small Pool	Zero Depth	Lap Pool	Small Pool	Zero Depth	Lap Pool	Small Pool	Zero Depth	Lap Pool	Small Pool	Zero Depth	Lap Pool	Small Pool	Zero Depth
5am	Lap Swim 6 lanes	Open Swim		Lap Swim 6 lanes	Open Swim		Lap Swim 6 lanes	Open Swim		Lap Swim 6 lanes	Open Swim		Lap Swim 6 lanes	Open Swim	Facility Opens at 6am			Facility Opens at 6am			
6am	Lap Swim 6 lanes	Water Wake Up 6-7am		Water In Motion 6-7am 3 lanes	Lap Swim 3 lanes	Open Swim	Lap Swim 6 lanes	Water Wake Up 6-7am		Water In Motion 6-7am 3 lanes	Lap Swim 3 lanes	Open Swim	Lap Swim 6 lanes	Water Wake Up 6-7am	Lap Swim 6 lanes	Open Swim		Lap Swim 6 lanes	Open Swim		
7am	Lap Swim 6 lanes	Open Swim		Lap swim 6 lanes	Open Swim		Lap Swim 6 lanes	Open Swim		Lap swim 6 lanes	Open Swim		Lap Swim 6 lanes	Open Swim				Lap Swim 6 lanes	Open Swim		
8am	Water In Motion 8:30-9:30am 3 Lanes	Hydro Training 8-9am		DW Tabata 8:30-9:30am 3 Lanes	Lap Swim 3 lanes	Hydro Training 8-9am	Water In Motion 8:30-9:30am 3 Lanes	Hydro Training 8-9am		DW Tabata 8:30-9:30am 3 Lanes	Lap Swim 3 lanes	Hydro Training 8-9am	Water in Motion 8-9am 3 Lanes	Lap Swim 3 lanes	Hydro Training 8-9am			Lap Swim 6 lanes	Hydro Training 8-9am		
9am	Lap Swim 6 lanes	Open		Lap Swim 6 lanes	Open		Lap Swim 6 lanes	Open		Lap Swim 6 lanes	Open		Lap Swim 6 lanes	Open	Swim Lessons 9am-12pm	Lap Swim 2 lanes		Swim Lessons 9am-12pm	Lap Swim 2 lanes		
10am	Lap Swim 6 lanes	Swim Lessons 9:30-11am		Lap Swim 6 lanes	Open 10:30-11:30		Lap Swim 6 lanes	Swim Lessons 9:30-11am		Lap Swim 6 lanes	Open 10:30-11:30		Lap Swim 6 lanes	Open Swim 9-11:30am	Swim Lessons 9am-12pm	Lap Swim 2 lanes		Swim Lessons 9am-12pm	Lap Swim 2 lanes		
11am	Lap Swim Foundations at 12pm - 1 lane	Open		Lap Swim 6 lanes	Open 10:30-11:30		Lap Swim 6 lanes	Open		Lap Swim 6 lanes	Open 10:30-11:30		Lap Swim 6 lanes	Open Swim 9-11:30am	Swim Lessons 9am-12pm	Lap Swim 2 lanes		Lap Swim Foundations 11am (1 lane)	Open Swim 6am-7:30pm	Open Swim 6am-7:30pm	
noon		Aqua Lite 11:30-12:30			Silver Splash 11:30-12:30			Aqua Lite 11:30-12:30			Silver Splash 11:30-12:30			Aqua Lite 11:30-12:30				Silver Splash 11:30-12:30			
1pm	Open Swim 1-5pm 2 lanes	Hydro Training 12:30-1:30		Open Swim 1-4pm 2 lanes	Adult/Adaptive Swim 12:30-2pm		Open Swim 1-5pm 2 lanes	Hydro Training 12:30-1:30		Open Swim 1-4pm 2 lanes	Adult/Adaptive Swim 12:30-2pm		Open Swim 9am-6pm 2 lanes	Open Swim 5am-10:30pm	Open Swim 6am-7:30pm			Open Swim 6am-7:30pm	Aqua Zumba 1-2pm 4 lanes	Open Swim 6am-7:30pm	Open Swim 6am-7:30pm
2pm	Lap Swim 4 lanes	Open Swim 1:45-3pm		Lap Swim 4 lanes	Open Swim 2-5pm		Lap Swim 4 lanes	Open Swim 1:45-4pm		Lap Swim 4 lanes	Open Swim 2-3pm		Lap Swim 4 lanes	Open Swim 1:45-4pm	Open Swim 12pm-7:30pm			Open Swim 2-5pm 4 lanes	Open Swim 12pm-7:30pm	Open Swim 2-5pm 4 lanes	Open Swim 2-5pm 4 lanes
3pm		3pm ELC		Swim Lessons 4-6pm	Open Swim 2-5pm		Swim Lessons 4-6pm	3pm ELC		Swim Lessons 4-6pm	Open Swim 3:30-5pm		Swim Lessons 4-6pm	Open Swim 3:30-5pm	Open Swim 12pm-7:30pm			Open Swim 12pm-7:30pm	Open Swim 12pm-7:30pm	Open Swim 12pm-7:30pm	Open Swim 12pm-7:30pm
4pm		Open Swim													4pm ELC						
5pm	Swim Lessons 5-7:30pm	Swim Lessons 4-6:30pm		Gator Swim Team 6-8:30pm	Swim Lessons 5-7:30pm		Gator Swim Team 6-8:30pm	Swim Lessons 4-6:30pm		Gator Swim Team 6-8:30pm	Swim Lessons 5-7:30pm		Gator Swim Team 6-8:30pm	Swim Lessons 4-6:30pm	Hydro Training 4:30-5:30pm				Hydro Training 4:30-5:30pm		
6pm	Deep Water 7:30-8:30pm 3 lanes	Hydro Training 6:30-7:30pm			Hydro Training 6:30-7:30pm			Hydro Training 6:30-7:30pm			Hydro Training 6:30-7:30pm			Hydro Training 6:30-7:30pm	Hydro Training 5:30-6:30pm				Hydro Training 5:30-6:30pm		
7pm	Open Swim 8-10:30pm 2 lanes	Open Swim 7:30-10:30pm		Open Swim 8-10:30pm 2 lanes	Open Swim 7:30-10:30pm		Open Swim 8-10:30pm 2 lanes	Open Swim 7:30-10:30pm		Open Swim 8-10:30pm 2 lanes	Open Swim 7:30-10:30pm		Open Swim 8-10:30pm 2 lanes	Open Swim 7:30-10:30pm	Open Swim 6:30-10:30pm				Open Swim 6:30-10:30pm		
8pm	Lap Swim 4 lanes			Lap Swim 4 lanes			Lap Swim 4 lanes			Lap Swim 4 lanes			Lap Swim 4 lanes								
9pm																					
10pm																					
11pm																					

Lap Swim Foundations: If you are interested in learning how to swim laps, join us for Lap Swim Foundations for free! Mondays at noon and Sundays at 11am

Sunday Fun Day: On Sundays from 2-5pm is a time when every area at the Y is open and staffed for families to use the facility together. The Aquatics area will have the Wibit in the water.

Open Swim Policy: Participants must be 9 years of age to attend Open Swim without adult supervision. Children 8 and under must be supervised by a guardian at all times.

Swim Test Policy: During Open Swim, in order to swim in the deep end of the lap pool without a Coast Guard approved lifejacket, swimmers must show the lifeguard they can swim 25 yards independently.

Water Exercise Policy: Participants must be 15 years of age to participate in a Water Exercise class. To find descriptions of each Water Exercise class, go to ymcassclay.org/schedules

Basic Pool Rules

- 1 Please shower before entering pool area in order to keep our pools clean.
- 2 Swimsuits must be worn. No regular clothing allowed in the pools.
- 3 All diaper aged children must wear a waterproof swim diaper while in the pool area.
- 4 No oversized flotation devices allowed in the pools. No flotation device may be used as a replacement for a Coast Guard approved lifejacket.
- 5 No underwater breath holding for long distance swims or as a game.
- 6 No food, gum or drink except water in the pool area. No glass of any kind permitted in pool area.
- 7 Please walk, no running on deck.
- 8 No dangerous or rough play in pool area.
- 9 Diving only permitted in 10 ft area.
- 10 No flips, back dives or other dangerous water entries.
- 11 Exercise and training equipment are not available for play. This equipment is for exercise use only.

Lap Swim Rules

- 1 Swimmers must be 15 years of age or older for lap swim or have a lifeguard's approval.
- 2 Circle swim counter clockwise keeping to the right side of lane when 3 or more lap swimmers.
- 3 Water walking in laps is allowed as long as the lane can be shared with a participant swimming laps.
- 4 Whenever possible, please choose a lap lane with swimmers of similar speed.

Climbing Wall Rules

- 1 All climbers must have passed the swim test in order to climb.
- 2 No lifejackets or other flotation devices allowed on climbing wall.
- 3 Feet first entry into drop zone required.
- 4 After dropping into water, swimmers must exit the drop zone immediately.
- 5 Drop zone must be clear before a swimmer starts climbing.



Class Descriptions Fercho YMCA

400 1st Avenue South
Fargo, ND 58103
(701) 293-9622

Aqua Lite - Aqua Lite is a gentle strengthening class that improves endurance through a light aerobic workout, along with opportunities for increased range of motion and balance. This class is great for the joint-sensitive individuals.

Aqua Zumba - Just like Zumba, this class uses Latin-inspired dancing with easy to follow moves to create a dynamic water workout. Aqua Zumba integrates the Zumba formula and philosophy with traditional water exercise principles to create a challenging workout.

Deep Water Exercise - Experience the benefits of exercise while in the deep end of the pool. This class will give you a dynamic full body workout without any impact. Deep Water Exercise will improve muscular strength, increase flexibility and expand cardiovascular fitness

Deep Water Tabata/Toning - This class will include high-intensity interval training (consisting of 20 seconds intense work, followed by 10 seconds of recovery). This strenuous class focuses on toning and conditioning (high difficulty).

Hydro Training - An athletic approach to water fitness training that includes intense cardio work, intervals, and toning. You will improve your cardiovascular condition as well as muscular strength and endurance (moderate to high difficulty).

Lap Swim - Lap Swim

Lap Swim*4 lanes - Lap Swim - 4 lanes available

Open Adult/Adaptive - Open swim for adults only with disabilities. However, participants with special needs are welcome to join all other YMCA aquatic classes and swim times as well. Lifts are available to help participants move into the pool.

Open Swim - Open Swim.

SilverSneakers Splash - Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required basic aquatic equipment is used to improve strength and coordination.

Water Wake Up - Start your day right with this popular class which offers a great cardio workout and provides low-impact, muscle resistance, using a variety of exercises and equipment. The goal is to maintain and improve cardiovascular and muscle strength.

WaterinMotion - WATERinMOTION is for those trying to improve their cardiovascular endurance, muscular strength and range of motion through continuous resistance and limited impact.