

YMCA Aquatics | Pool Schedule

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

March 10 - 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		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		Lap Swim 6 lanes	Water Wake Up 6-7am		Water In Motion 6-7am 3 lanes	Lap Swim 3 lanes		Lap Swim 6 lanes	Water Wake Up 6-7am	Facility Opens at 6am			Facility Opens at 6am				
7am		Open Swim		Lap swim 6 lanes			Lap Swim 6 lanes	Open Swim		Lap swim 6 lanes			Lap Swim 6 lanes	Open Swim	Facility Opens at 6am			Facility Opens at 6am				
8am		Hydro Training 8-9am		DW Tabata 8:30-9:30am 3 Lanes	Lap Swim 3 lanes		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		Water in Motion 8-9am 3 Lanes	Lap Swim 3 lanes	Hydro Training 8-9am	Facility Opens at 6am			Facility Opens at 6am			
9am	Water In Motion 8:30-9:30am 3 Lanes	Open						Open 9-10am		Swim Lessons 9:00-11am				Open Swim 9-11:30am	Facility Opens at 6am			Facility Opens at 6am				
10am	Lap Swim 6 lanes (Lap Swim Foundations at 12pm - 1 lane)	Swim Lessons 9:30-11am		Lap Swim 6 lanes			Lap Swim 6 lanes	10am ELC		Lap Swim 6 lanes			Lap Swim 6 lanes	Open Swim 9-11:30am	Swim Lessons 9am-12pm	Lap Swim 2 lanes	Facility Opens at 6am			Facility Opens at 6am		
11am		Open						Open 10:30-11:30						Open Swim 9-11:30am	Swim Lessons 9am-12pm	Lap Swim 2 lanes	Facility Opens at 6am			Facility Opens at 6am		
noon		Aqua Lite 11:30-12:30						Silver Splash 11:30-12:30						Silver Splash 11:30-12:30	Facility Opens at 6am			Facility Opens at 6am				
1pm		Hydro Training 12:30-1:30						Adult/Adaptive Swim 12:30-2pm						Hydro Training 12:30-1:30	Open Swim 6am-7:30pm	Facility Opens at 6am			Facility Opens at 6am			
2pm	Open Swim 1-5pm 2 lanes	Open Swim 1:45-3pm		Open Swim 1-4pm 2 lanes	Lap Swim 4 lanes		Open Swim 1-5pm 2 lanes	Open Swim 1:45-4pm		Open Swim 1-4pm 2 lanes	Lap Swim 4 lanes		Open Swim 9am-6pm 2 lanes	Lap Swim 4 lanes	Open Swim 5am-10:30pm	Facility Opens at 6am			Facility Opens at 6am			
3pm		3pm ELC						Open Swim 2-5pm					Open Swim 3:30-5pm		Open Swim 12pm-7:30pm 2 lanes	Lap Swim 12-7:30pm 4 lanes	Facility Opens at 6am			Facility Opens at 6am		
4pm		Open Swim		Swim Lessons 4-6pm	Lap Swim 2 lanes					Swim Lessons 4-6pm	Lap Swim 2 lanes		Swim Lessons 4-6pm	Lap Swim 2 lanes	Open Swim 12pm-7:30pm 2 lanes	Lap Swim 12-7:30pm 4 lanes	Facility Opens at 6am			Facility Opens at 6am		
5pm		Swim Lessons 4-6:30pm						Swim Lessons 5-7:30pm		Swim Lessons 4-6:30pm	Lap Swim 2 lanes		Swim Lessons 5-7:30pm	Lap Swim 2 lanes	Open Swim 12pm-7:30pm 2 lanes	Lap Swim 12-7:30pm 4 lanes	Facility Opens at 6am			Facility Opens at 6am		
6pm	Swim Lessons 5-7:30pm	Hydro Training 6:30-7:30pm		Gator Swim Team 6-8:30pm				Swim Lessons 5-7:30pm		Swim Lessons 5-7:30pm	Lap Swim 2 lanes		Gator Swim Team 6-8:30pm	Lap Swim 2 lanes	Open Swim 12pm-7:30pm 2 lanes	Lap Swim 12-7:30pm 4 lanes	Facility Opens at 6am			Facility Opens at 6am		
7pm		Deep Water 7:30-8:30pm 3 lanes						Hydro Training 6:30-7:30pm					Gator Swim Team 6-8:30pm	Lap Swim 2 lanes	Open Swim 12pm-7:30pm 2 lanes	Lap Swim 12-7:30pm 4 lanes	Facility Opens at 6am			Facility Opens at 6am		
8pm	Deep Water 7:30-8:30pm 3 lanes	Open Swim 7:30-10:30pm						Open Swim 7:30-10:30pm		Deep Water 7:30-8:30pm 3 lanes	Lap swim 3 lanes			Lap Swim 4 lanes	Open Swim 6:30-10:30pm	Facility Opens at 6am			Facility Opens at 6am			
9pm	Open Swim 8-10:30pm 2 lanes	Lap Swim 4 lanes		Open Swim 8:30-10:30pm 2 lanes	Lap Swim 8:30-10:30pm 4 lanes			Open Swim 7:30-10:30pm		Open Swim 8:30-10:30pm 2 lanes	Lap Swim 4 lanes		Open Swim 8:30-10:30pm 2 lanes	Lap Swim 4 lanes	Facility Opens at 6am			Facility Opens at 6am				
10pm															Facility Opens at 6am			Facility Opens at 6am				
11pm															Facility Opens at 6am			Facility Opens at 6am				

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 ymcacasclay.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.