



We build strong kids, strong families, strong communities.

Sherwood Family YMCA Winter 2010 Pool Schedule January 4-February 28, 2010

Aquatics Director: Paige Flanagan
pflanagan@ymca-portland.org

Monday	Tuesday	Wednesday	Thursday
5:00a-8:00a Lap Swim 3 lanes	5:00a-6:00a Lap Swim 3 lanes	5:00a-8:00a Lap Swim 3 lanes	5:00a-6:00a Lap Swim 3 lanes
8:00a-8:55a Deep H ₂ O	6:00a-7:00a Masters 3 lanes	8:00a-8:55a Deep H ₂ O	6:00a-7:00a Masters 3 lanes
9:00a-9:55a Poolautes	7:00a-8:30a Lap Swim 3 lanes	9:00a-9:55a Poolautes	7:00a-8:30a Lap Swim 3 lanes
9:00a-12:00p Swimming Lessons	8:30a-9:30a Lap Swim 1 lane	10:00a-1:00p Preschool Play	8:30a-9:30a Lap Swim 1 lane
10:00a-10:55a Water Workout	8:30a-9:25a SilverSplash®	10:00a-10:55a Water Workout	8:30a-9:25a SilverSplash®
11:00a-11:55a Twinges in the Hinges	9:00a-12:00p Swimming Lessons	11:00a-11:55a Twinges in the Hinges	9:00a-12:00p Swimming Lessons
11:00a-12:30p Preschool Play	9:30a-10:25a Power Walking	12:00p-3:30p Lap Swim 3 lanes	9:30a-10:25a Power Walking
12:00p-2:45p Lap Swim 3 lanes	10:30a-11:25a Deep H ₂ O	1:00p-3:30p Open Swim	10:30a-11:25a Deep H ₂ O
1:00p-3:15p Open Swim	11:30a-1:00p Preschool Play	3:30p-6:45p YAWAMA 3 lanes	10:30a-12:30p Preschool Play
2:45p-7:15p Swimming Lessons	11:30a-2:45p Lap Swim 3 lanes	3:30p-7:30p Swimming Lessons	11:30a-2:45p Lap Swim 3 lanes
2:45p-3:30p Lap Swim 2 lanes	1:00p-3:30p Open Swim	5:00p-5:45p Fun Club / CDC	1:00p-3:30p Open Swim
3:30p-6:45p YAWAMA 3 lanes	1:30p-2:15p H.S.P.E.	6:45p-7:40p Deep H ₂ O	1:30p-2:15p H.S.P.E.
5:00p-5:45p Fun Club	2:45p-7:30p Swimming Lessons	6:45p-9:00p Family Swim	2:45p-7:45p Swimming Lessons
6:45p-7:40p Deep H ₂ O	2:45p-3:30 Lap Swim 1-2 lanes	7:30p-8:45p Lap Swim 1 lane	2:45p-3:30 Lap Swim 1-2 lanes
6:45p-9:00p Family Swim	3:30p-6:45p YAWAMA 3 lanes	7:45p-8:45p Masters 2 lanes	3:30p-6:00p YAWAMA 3 lanes
7:30p-8:45p Lap Swim 1 lane	6:00p-6:55p Pre/Post-Natal Fitness	8:45p-9:00p Lap Swim 3 lanes	6:00p-6:45p YAWAMA 2 lanes
7:45p-8:45p Masters 2 lanes	6:30p-9:00p Open Swim		6:00p-6:55p Pre/Post-Natal Fitness
8:45p-9:00p Lap Swim 3 lanes	6:45p-8:00p Lap Swim 1-2 lanes		6:30p-9:00p Open Swim
	7:00p-7:55p Water Workout		6:45p-8:15p Lap Swim 1-2 lanes
	8:00p-9:00p Lap Swim 3 lanes		7:00p-7:55p Water Workout
			8:15p-9:00p Lap Swim 3 lanes

Open Swim: Children 7 and under must be with an adult in the water; children 8 and older may be in the pool without direct supervision.

Family Swim: All children 17 years and under must be accompanied by an adult in the water

Preschool Play: Open to parents with children 6 years and under.

23000 SW Pacific Hwy
 Sherwood, OR 97140
 503-625-9622

Community Swim
1st Friday of the month
3rd Saturday of the month
 Preschool Play
 Open Swim
 Family Swim

Friday
5:00a-8:00a Lap Swim 3 lanes
8:00a-8:55a Deep H ₂ O
9:15a-10:30a SCS Lessons
9:00a-9:55a Poolautes
10:00a-12:30p Preschool Play
10:00a-10:55a Water Workout
11:00a-11:55a Twinges in the Hinges
12:00p-3:30p Lap Swim 3 lanes
1:00p-4:00p Open Swim
3:30p-6:45p YAWAMA 3 lanes
4:00p-5:30p CDC
5:00p-6:00p Fun Club
6:00p-8:00p Family Swim
6:45p-8:00p Lap Swim 3 lanes

Saturday
6:00a-8:00a Lap Swim 3 lanes
8:00a-10:00a YAWAMA 3 lanes
9:00a-11:30a Swimming Lessons
11:30a-7:30p Lap Swim 3 lanes
1:00p-3:30p Open Swim
3:30p-5:30p Family Swim
5:30p-7:30p Open Swim

Sunday
7:00a-12:00p Lap Swim 3 lanes
10:00a-12:00p Preschool Play
12:00p-2:00p Open Swim
2:15p-4:30p Family Swim

Slide Hours
 The slide opens 15 minutes into Open and Family Swim.
 The slide closes 15 minutes prior to the end of Open and Family Swim.
 The slide may be closed if the pool is at capacity or there are not enough available Lifeguards.
 Swimmers are not allowed to be caught at the bottom of the slide.
 Swimmers must be 48" tall to ride solo or pass a swim test.

Pool Rules

- ▶ Parents must stay within arms reach of children 7yrs and under
- ▶ No water wings, float belts, or floaties are allowed in the pool.
- ▶ Coast Guard approved lifejackets are permitted in the pool.
- ▶ Everyone must shower before entering the water.
- ▶ Proper swim attire must be worn.
- ▶ No running on the deck.
- ▶ No diving in the pool.
- ▶ Kick boards are for lap swim only.
- ▶ One person at a time on the slide.

Included with Membership
Water Fitness Classes
Masters Swimming for info contact Mark Maxwell
Lap Swimming
Open Swim
Family Swim
Fun Club for info contact Martin Rakers

Offered For A Fee
Swimming Lessons for info contact Paige Flanagan
YAWAMA swim team for info contact Mark Maxwell

No Membership needed for Community Swim Times.