

# WINTER 2020 AQUATIC ACTIVITIES

Updated 12/3/2019



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

MID-WILLAMETTE FAMILY YMCA

3201 SW Pacific Blvd, Albany, OR 97321

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[www.ymcaalbany.org](http://www.ymcaalbany.org)

## SWIMMING LESSONS

### Evening Sessions: Monday & Wednesday

Session 1: January 6– January 29

Registration opens 12/09/19

Session 2: February 10– March 4

Registration opens 01/30/20

#### Schedule:

**5pm**

Tiny Turtles (Parent/Tot)

Starfish, Penguins, Seals (ages 3–5)

**5:35pm**

Tiny Turtles (Parent/Tot)

Beginner, Developing Skills, Building Endurance, Advanced Strokes (ages 6–12)

**6:10pm**

Starfish, Penguins, Seals (ages 3–5)

Beginner, Developing Skills (ages 6–12)

### Saturday Sessions:

January 11– February 29

Registration opens 12/09/19

#### Schedule:

**10:30am**

Starfish, Penguins, Seals (ages 3–5)

Beginner, Building Endurance (ages 6–12)

**11am**

Tiny Turtles (Parent/Tot)

Penguins (ages 3–5)

Developing Skills, Advanced Strokes (ages 6–12)

Register at our Welcome Center

Members \$45/ Guests \$65



My name is Chloe Hubbard. I'm the new Aquatics Coordinator at the Mid-Willamette Family YMCA. I've spent my entire life on a pool deck. I swam competitively for nine years and still love to swim. When I'm not at the pool I enjoy rock climbing, watching Disney movies, and hanging out with my animals. I spent most of my life in California, but am no stranger to Oregon. My dad was born and raised in Albany and my grandparents still live here. I have spent the last few years growing my knowledge of aquatics. I am incredibly excited to be making my new home here at Mid-Willamette Family YMCA. Working at the Y is giving me a wonderful opportunity to continue to grow, give to my community, and combine my desire to help others with my passion for all things aquatics. Be sure to stop by the pool deck and say, "Hi" when you have a chance or just for a quick swim!

## POOL TIME DESCRIPTIONS

**ADULT & SENIOR FITNESS:** This is a time for adults (18 years+) and seniors to participate in their individual work out. No children permitted to be in any part of the pool during this time. Please be respectful of others.

**AQUA FITNESS CLASSES:** During this time the Fun Pool is reserved for class participants and for Individual Fitness. Hot tub is available for 18 years+ for quiet time.

**INDIVIDUAL FITNESS:** This is a time for individuals ages 12+ to participate in their own individual workouts without any pool toys or horse play. Please be respectful of others.

**LAP SWIM:** This is a time for lap swimming. We reserve the right to designate specific lanes for the YMCA programs as needed. We ask participants to respect the people and activities taking place in each lane. It is acceptable to swim in a lane alone or with a group. If applicable, swimmers with same speed need to circle swim. Lane lines will be in all designated lap swim lanes.

**ADULT SWIM CLUB:** During this time 3 lap lanes are reserved for Adult Swim Club.

**OPEN SWIM:** Open for anyone for fun swim. Please be advised the slide may not always be open during open swim. When there are 2 or fewer lanes available for Lap Swim, part of the Lap Pool may be closed for either the Rope Swing or Diving Board. Please see slide hours to ensure the slide will be open during your visit. Deep end swim test is required for children who want to swim in the deep end.

**PARENT/CHILD SWIM:** During this time, parents and preschool children may use the Fun Pool for water play and exercise. Parents must be in the water and within arm's reach of their child. This time is designated for young children.

**SWIM LESSONS:** During this time the entire Fun Pool (and some Lap Pool lanes) will be closed for the YMCA Swim Lessons program. Quiet time in the hot tub is allowed for adults 18 years and older.

**SWIM TEAM:** During this time the Lap Pool is reserved for the Albany Aquatics Association Swim Team.

## YOUTH SWIM TEAM

Our Mid-Willamette Family YMCA has partnered with Albany Aquatics Association. The Otters are year-round competitive swimming program that fosters the growth and development of young people by promoting valuable life-long skills. Weekly practices are held for kids to get in the pool and practice skills. Competitions will be announced for kids that want to compete.

For more info, visit [albanyaquaticassoc.com](http://albanyaquaticassoc.com) or Rex Watkins at [coachrex@comcast.net](mailto:coachrex@comcast.net)

## BECOME A LIFEGUARD



**Red Cross Lifeguard Training!**  
Check out our upcoming classes and start saving lives today. We are always accepting applications and actively hiring certified lifeguards.

15 years and older  
For more info, please speak to our Welcome Center staff or call us at 541-926-4488.

Have questions? Need more info?

Contact:  
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