



SPLASH INTO SUMMER!

FOOTHILLS AREA YMCA @
THE WALHALLA POOL

2019 | Pool Brochure

Includes information on

- Pool Schedule
- Pool Memberships / Pricing
- Aquatic Exercise Classes
- Swim Lessons
- Swim Team
- Lap Swimming
- Day Cares / Camps
- Birthday Parties / Rentals
- NEW! Late Friday Night Swimming

YMCA Address: 621 N. Townville Street. Seneca, SC 29678

Pool Address: 101 N. Maple Street. Walhalla, SC 29691

YMCA Phone: 864.962.4049 ext. 506

Pool Phone: 864.638.4347

Email: pool@y4all.org

Website: www.FoothillsYMCA.net/aquatics

Facebook <https://www.facebook.com/walhallapool/>

Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:45—9:30	Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness	Closed
9:45—10:30	Swim Lesson/ Lap Swimming	Swim Lesson/ Lap Swimming	Swim Lesson/ Lap Swimming	Swim Lesson/ Lap Swimming	Swim Lesson/ Lap Swimming	Lap Swimming	Closed
10:30—11:00	Private Swim Lessons	Private Swim Lessons/ Parent-Child Lessons	Private Swim Lessons	Private Swim Lessons/ Parent-Child Lessons	Make-Up Swim Lessons	Open Swim @ 11	Closed
11:00—5:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim @ 1:00
5:15—6:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Make-Up Swim Lessons	Rental	Rental
6:00—7:00	Swim Team	Swim Team	Swim Team	Swim Team	Late Night Swim	Rental	Rental
7:15—8:00	Closed	NEW! Water Fitness	Closed	NEW! Water Fitness	Late Night Swim (Until 8:30)	Rental	Rental

Pool schedule is subject to change due to weather, special events, or manager's discretion.

Membership Pricing

Buy a membership and enjoy the pool all summer long for a fraction of the daily cost! Memberships include daily access to the pool and special events.

Must reside at the same residence. ID may be required.

Daily entrance: \$4.00

Individual Membership: \$80.00

Family Membership*: \$80.00 for the first person + \$10.00 per additional family member (a family of 4 would be \$110)

Rates

Daily: \$5.00
10 class pass: \$40.00

Dates

June – August
8:45 am – 9:30 am

Day Aquatic Classes

Aquablast

Monday, Wednesday, and Friday

Cardio program designed to improve cardiovascular fitness. 45 minutes of medium to high intensity cardio endurance training. ALL levels welcome!

Body Blast Splash

Tuesday and Thursday

Splash your way to fitness! We'll go "Core Strong" and improve strength and flexibility in your Abs, Back, Hips and Glutes. Body Blast Splash covers the 28 muscles of your Core (and then some). Anyone can improve their personal level of Fitness, gain Confidence and splash their way to Fun!

Night Aquatic Classes

Deep Water

A high to moderate intensity water workout in chest-deep water. Each class session is designed to include: warm-up, vigorous aerobic, strengthening, toning and cool-down.

Functional Fitness

This class is a good option for individuals with orthopedic, arthritic, nerve or circulatory problems. Class includes a warm-up and a low intense water-walking program using different water-walking movements, followed by strengthening range of motion, exercise and stretching.

Swim Lessons

Swim lessons are designed to introduce the basics of swimming to youth ages *3-15*. Each instructor is limited to 5 students per class. A lifeguard will be on duty in addition to the swim instructor. Focus will be on *water safety, survival, and basic swim techniques* (stroke and side breathing.)

Session Dates

1. June 3rd – 13th
2. June 17th – 27th
3. July 1st – 11th
4. July 15th– 25th
5. July 29th – Aug. 8th

Rates

1 Session | \$85.00
2 Sessions | \$150.00
Member rate | \$70.00

Times

9:45 am – 10:30 am
OR
5:15 pm – 6:00 pm

*Each session offers **8 classes**. Classes are held Monday – Thursday. Fridays are reserved for a weather make-up day if needed. A *maximum of 2 make-up days* will be provided for weather related cancellations. Ask about our **family discount**.*

Parent Child Swim Lessons

Parent Child swim Lessons are designed to teach children ages *6 months – 36 months* basic water skills. Instructors work on blowing bubbles in the water, kicking, and other basic water skills. Parent *must* be in the pool with their child. Class is held every *Tuesday and Thursday*.

Session Dates

Session 1: June 4th,
6th, 11th, and 13th

Session 2: July 9th,
11th, 16th, and 18th

Time

10:30 am - 11:00 am

Rate

Pool Members | \$40
Non-members | \$45

2 Sessions | \$70

Private Swim Lessons

Private swim lessons give a child *one on one* learning time with a swim instructor. These classes will have the same focus as the group swim lessons but are more *flexible* towards the individual child's needs.

Times

10:30 am – 11:00 am

OR

6:00 – 6:30pm

Rates

\$20/session

*Private lessons will be offered *by the class*. The lesson can be held during Water Fitness or Swim Lessons in the evenings. Please contact the Pool Director to reserve a time.

Swim Team

Spend the summer on the Walhalla Swim Team! Make friends and have fun competing and improving your swim skills.

Practice times:

June and July: Monday – Thursday | 6:00pm – 7:00pm

Swim Meets

July: Saturdays | 8:00am – 10:00am

Cost:

Members: \$115.00 per swimmer

Non-members: \$130.00 per swimmer

*Ask about our family discount.

Lap Swimming

Swimming is the ultimate all-in-one exercise. It is low impact and great for all ages. Swimming lengthens and strengthens muscles while increasing flexibility.

Times:

Monday – Friday | 9:45 am – 10:15 am & 6:00 pm – 7:00 pm

Saturdays | 9:45 am – 10:30 am

Rates:

Members: Free

Non-members: \$2.00/day/visit

Lap swimming Pass: \$50.00 for entire summer

*Lap Swimming Pass or paying by visit lets you into the pool ONLY during lap swimming times. If you want to visit the pool during a different time or stay longer than the allotted time you must pay normal day entry.

Day Cares and Camps

The pool welcomes Day Care groups and Camps to visit the pool Monday – Thursday from 11:00am to 2:00pm. All groups MUST leave the pool by 2:00 pm.

Rate:

\$2.00 per swimmer

To schedule days for your camp/day care or large group to visit the pool, please contact the Pool Director a least a week prior to the expected visit.

All groups with 10 or more people MUST contact the Pool Director BEFORE their visit. If group has not scheduled a day to visit with the pool director the will be turned away at the gate.

Parties/Rentals

Hold your next birthday, team, or group party at the pool this summer! Party includes two on-duty lifeguards!

Available times:

Saturday & Sunday | 5:15pm – 8:15pm

Cost:

\$100.00 for 1 hour

\$50.00 for each additional hour

* Price is for a party of 40 people or under. Time availability may vary due to private swim lessons. Please call pool extension for more information.

* \$50.00 Deposit due WITHIN ONE WEEK of reservation.