



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STAY HEALTHY SWIM STRONG

## Water Group Exercise

Participant spots will be reserved on a first come, first serve basis. No more than 15 participants will be permitted for each class. Participants may register up to one week in advance. If you have registered but can no longer attend class at that time, please call the Front Desk immediately to cancel.

**Please register for Aquatic Classes by calling the Front Desk between 7:00 AM and 5:30 PM, Monday - Friday.**

Please contact us at [cody.levensalor@otoymca.org](mailto:cody.levensalor@otoymca.org) with any non-scheduling questions or concerns.

### BEGINNING MONDAY, JUNE 15<sup>TH</sup>

MONDAY	WEDNESDAY	FRIDAY
<b>SPLASH</b> 8:30 AM-9:30 AM	<b>AQUA BLAST</b> 8:30 AM-9:30 AM	<b>SPLASH</b> 8:30 AM-9:30 AM
<b>AQUA ZUMBA</b> 9:45 AM-10:30 AM		<b>AQUA ZUMBA</b> 9:45 AM-10:30 AM

#### WHAT TO EXPECT DURING PHASE ONE

**ARRIVAL AND DEPARTURE:** All participants must enter through Field House doors and will be subject to health screenings upon entry. During their first visit, all participants will be required to sign new Waivers and review the updated Old Town - Orono YMCA Member Handbook. All participants will exit through the doors at the far end of the Field House. Participants will be required to arrive and leave in their suits as there will be no access to locker rooms. Participants may enter the building up to 10 minutes prior to the start of their class time and must exit no later than 10 minutes after the end of their reserved times. All participants will enter the pool area and by way of the hallway and patio area. All participants will exit the pool area by way of the lifeguard office.

**DURING CLASS:** Please respect physical distancing of 14ft whenever possible. Bathrooms will be available for emergencies only. There is no water fountain available in the pool area. So please bring a water bottle with you. All traffic on the pool deck will be clockwise and one way (enter via the patio and proceed to the shallow end along the far wall).

**EQUIPMENT USE:** Equipment will be handed out by the instructor to participants individually. After use, equipment must be returned to the instructor for disinfecting.

OLD TOWN - ORONO YMCA  
472 Stillwater Avenue  
Old Town, ME 04468  
207 827 9622 | OTOYMCA.org

STAY CONNECTED!

