



## WESTSIDE POOL SCHEDULE - January 2-January 31

### Lap Swimming Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7:00am	7:00-7:45am (All Lanes)	LAP Swim 7:00-8:45am (All Lanes)	7:00-7:45am (All Lanes)	LAP Swim 7:00-8:45am (All Lanes)	LAP Swim 7:00-12:00pm (All Lanes)	LAP Swim 7:00-9:00am (All Lanes)		
8:00am								
9:00am	LAP Swim 9:00-12:00pm (All Lanes)	LAP Swim 10:15-11:30am (All Lanes)	LAP Swim 9:00-12:00pm (All Lanes)	LAP Swim 10:15-12:00pm (All Lanes)		Lap Swim 9:15-12:00pm (All Lanes)		Lap Swim 9am-11:30 (All Lanes)
10:00am								
11:00am								
12:00pm	LAP Swim 3:00-7:00pm (All Lanes)	LAP Swim 4:00-7:00pm (4 Lanes)	LAP Swim 4:00-7:00pm (All Lanes)	LAP Swim 3:00-5:00pm (5 Lanes)	LAP Swim 3:00-6:00pm (All Lanes)			
3:00pm								
4:00pm				LAP Swim 5:00-7:00pm (2 Lanes)				
5:00pm								
7:00pm								
8:00pm								

**Drop-In Lap Lanes:** These times are for members to drop in and swim. These will be on a first come first serve basis. Lap Lanes are for only 2 per lane and ages 13 and up.

### Water Fitness Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am	Water Fitness 8:00-8:45am		Water Fitness 8:00-8:45am				
9:00am		Water Fitness 9:00-10:00am		Water Fitness 9:00-10:00am			
10:00am							

Free for YMCA Members - Reservation required to secure spot! Great for all fitness levels, No swimming ability required. Classes run monthly.

### Family Swim Time

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00pm						★ Family Swim 12:00-2:00pm	
3:00pm							
5:00pm		★ Family Swim 5:00pm -7:00pm Splash Pool			★ Family Swim 4:00pm -6:00pm Splash Pool		
7:00pm							

Open swim time for YMCA members and their families. Please view pool rules on next page

### Swim Lesson Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00am						Swim Lessons 10:00-11:55am	
12:00pm							
5:00pm	Swim Lessons 5:00-6:55pm	Swim Lessons 5:00-7:10pm	Swim Lessons 5:00-6:55pm	Swim Lessons 5:15-7:20pm			
7:00pm							

Please view Swim Lesson Schedule for exact lesson times and pricing.



#### **RULES & GUIDELINES**

Please take a soap shower before entering the pools.

Proper swim attire is required. No cut-offs, sweats, cotton shorts, t-shirts are allowed, but must have swim suit with liner underneath.

Children 13 & under will be given a bracelet identifying them as a swimmer or non-swimmer.

Only Coast Guard approved life jackets are allowed. Children wearing life jackets must remain within an arms-length of an adult (18 years or older) at all times.

No diving in any pool.

No food or glass containers are allowed on the pool deck.

#### **AGE GUIDELINES**

0-4 years old must have an adult 18 years or older no more than an arms length away from their child in the water

5-7 years old must have an adult 18 years or older sit poolside.

8-12 years old must have a parent in the building

#### **SWIM TEST**

All children 12 & under wanting to use the lap pool or slide must be swim tested. The swim test shall consist of jumping in at the deeper end of the lap pool, swimming half the length of the pool on their front, rolling to their back and swimming the remaining half length of the pool on their back and then tread water for 30 seconds. Children who pass the test will be given a green bracelet to identify them as a swimmer. All non-swimmers must wear a red bracelet.

#### **LAP LANES**

Lap lanes are for ages 13 & up who wish to have continuous motion for 25 yards.

Lap swimmers may be asked to share or "circle swim" at the lifeguard's discretion.

Walkers may be asked to share lap lanes.

#### **INCLEMENT WEATHER POLICY**

If inclement weather occurs, please check with the facility for any closing/cancellations notices. You may also visit our website, Facebook page, or text alerts for more information. In the case of lightning or thunder, our pools will be close 30 minutes after the last lightning strike or thunder is heard.