



# WESTSIDE YMCA POOL SCHEDULE - JUNE 13-30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>7:00-8:00am</b> Lap Swim (All Lanes)	<b>7:00-9:00am</b> Lap Swim (All Lanes)	<b>7:00-8:00am</b> Lap Swim (All Lanes)	<b>7:00-9:00a</b> Lap Swim (All Lanes)	<b>7:00-8:00am</b> Lap Swim (All Lanes)	<b>7:00-12:00pm</b> Lap Swim (All Lanes)	
<b>8:00-9:00am</b> Water Aerobics No Lap Lanes	<b>9:00-10:00am</b> Water Aerobics No Lap Lane	<b>8:00-9:00am</b> Water Aerobics No Lap Lanes	<b>9:00-10:00am</b> Water Aerobics No Lap Lanes	<b>8:00-9:00am</b> Water Aerobics No Lap Lanes	12:00p-2:00pm <b>3 Lap Lanes</b> (2 Lanes Family)	<b>8:00-11:30am</b> Lap Swim (All Lanes)
<b>9:00am-12:00pm</b> <b>Lap Swim</b> (All Lanes)	<b>10:00-12:45</b> Lap Swim (All Lanes)	<b>9:00-12:00pm</b> Lap Swim (All Lanes)	<b>10:00-12:45pm</b> Lap Swim (All Lanes)	<b>9:00-12:00pm</b> Lap Swim (All Lanes)	<b>Splash Pool</b> 12:00-2:00pm <b>Family Swim</b>	
<b>1:00pm-3:00pm</b> <b>Lap Swim</b> (All Lanes)	<b>12:45-3:15pm</b> Camp Swim	<b>12:00-2:00</b> Lap Swim (All Lanes)	<b>12:45-3:15pm</b> Camp Swim	<b>12:45-3:00pm</b> Camp Swim		
		<b>Splash Pool</b> Family Swim 2:00-7:00				
	<b>3:15-5:30pm</b>		<b>3:15-5:00pm</b>			
<b>4:00-5:00pm</b> <b>Lap Swim</b> (All Lanes)	<b>Lap Swim</b> (All Lanes)	<b>4:00-7:00pm</b> <b>Lap Swim</b> (All Lanes)	<b>Lap Swim</b> (All Lanes)	<b>3:15-6:00pm</b> <b>Lap Swim</b> (All Lanes)		
<b>5:00pm-7:00pm</b> (3 Lanes Lap) (2 Lessons)	<b>Splash Pool</b> <b>Family Swim</b> <b>3:15-7:00</b>		<b>Splash Pool</b> <b>Family Swim</b> <b>3:15-7:00</b>	<b>Splash Pool</b> <b>Family Swim</b> <b>3:15-6:00pm</b>		
	<b>5:30-7:00</b> <b>Lap Swim</b> <b>(3 Lanes)</b>		<b>5:00-7:15</b> <b>Lap Swim</b> (2 Lanes) <b>3 Lessons</b>			

**Aquatic Manager**  
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## **WESTSIDE YMCA AQUATIC INFORMATION**

### **SWIM LESSONS**

Next Registration August 16

### **LAP SWIM**

We ask that all be respectful of others and share lanes as needed. Lap Swim is available for those ages 12 and up who are continuously swimming end to end.

### **YOUTH SWIMMERS**

All swimmers under the age of 13 must take the YMCA swim test prior to entering the pool. The test consists of 1/2 length on their front, 1/2 on their back and ability to tread water for 30 seconds.

Ages 4 & under: Must have a parent in the water with the child.

Ages 5-8 years old: Must have parent in the water with the child

Ages 9-11 years old: Must have parent on the deck.

Children under 52 inches tall who are not being directly supervised by a parent will be required to wear a lifejacket.

### **Water Aerobics Arthritis Mon-Wed-Fri 8am-9am**

### **Water Aerobics Tuesday-Thursday 9am-10:00am**

Each class requires no swimming ability. Arthritis class is geared towards improved flexibility and less aerobic activity.

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