



WESTSIDE YMCA POOL SCHEDULE - Nov. 1-Nov. 30

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

Aquatic Manager
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WESTSIDE YMCA AQUATIC INFORMATION

SWIM LESSONS

New Session January 9th!

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.
