



# WESTSIDE YMCA POOL SCHEDULE - December 1-23

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

**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.

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