



Westside YMCA Pool Schedule - March 20-26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-8:00am Lap Swim (All Lanes)	6:30-9:00am Lap Swim (All Lanes)	7:00-8:00am Lap Swim (All Lanes)	6:30-8:00am Lap Swim (All Lanes)	7:00-8:00am Lap Swim (All Lanes)	7:00-9:30am Lap Swim (All Lanes)	8:00-11:30AM Lap Swim (All Lanes)
	9:00am-10:00am Water Aerobics (All Lanes)		9:00am-10:00am Water Aerobics (All Lanes)		9:30-12:00pm Lap Swim 4 Lanes Swim Lesson 1 Lane	
8:00-9:00am Arthritis Aquatics (All Lanes)	10:00-12:00pm Lap Swim (All Lanes)	8:00-9:00am Arthritis Aquatics (All Lanes)	10:00-12:00pm Lap Swim (All Lanes)	8:00-9:00am Arthritis Aquatics (All Lanes)	12:00-2:00pm Lap Swim (3 Lanes) Family Swim 2 Lanes	
9:00am-4:00pm Lap Swim (All Lanes)		9:00am-4:00pm Lap Swim (All Lanes)	12:00-4:00pm Lap Swim (All Lanes)	9:00am-4:00pm Lap Swim (All Lanes)		
4:00-5:00pm Lap Swim (All Lanes)	4:00-5:00pm Lap Swim (All Lanes)	4:00-5:00pm Lap Swim (All Lanes)	4:00-5:00pm Lap Swim (All Lanes)	4:00-6:00pm 3 Lap Lanes Family Swim 2 Lanes		
5:00-6:15 Lap Swim 3 Lanes 2 Swim Lessons	5:00-7:00pm Lap Swim 2 Lanes Swim Lesson 3 Lanes	5:00-7:00pm Lap Swim 1 Lane Swim Lessons 2 Lanes Family Swim 2 Lanes	5:00-7:00pm Lap Swim 3 Lanes Swim Lessons 1 Lane Family Swim 2 Lanes			
6:15-7:00pm Lap Swim 2 Lanes 3 Lessons						

SWIM LESSONS

New class session starts April 10
 Registration Members March 20, Non-Member March 22
 Register online: lansingymca.org

Aquatics Manager

Colin Norton (517) 827-9678
cnorton@lansingymca.org

WESTSIDE YMCA AQUATIC INFORMATION

The Westside YMCA slide is currently under renovation this is a temporary schedule

LAP SWIM

We ask that all participants be respectful of others and share lanes as needed. Lap swim is available to anyone ages 12 and older who are continuously swimming from one end of the pool to the other.

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 4-8 years : Must have a parent in the water with the child.

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

Only coast guard approved floatation devices are allowed.

WATER AEROBICS TEMPORARILY MOVED TO OAK PARK YMCA

Water Aerobics Arthritis - Free for Members and no registration required

8:00-9:00am Monday, Wednesday, and Friday

****Arthritis class is geared towards improved flexibility and less aerobic activity.***

Water Aerobics - Free for Members and no registration required

9:00 - 10:00am Tuesday & Thursday

All fitness levels are welcome, and no swimming ability is required. Enjoy an aerobic workout with less stress on your joints. A variety of cardiovascular moves make for a great total body workout in the water.