



## WESTSIDE YMCA POOL SCHEDULE - March 1-24 Lap Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:00am-8:00am</b> Lap Swim (All Lanes)	<b>6:00am-9:00am</b> Lap Swim (All Lanes)	<b>6:00am-8:00am</b> Lap Swim (All Lanes)	<b>6:00am-9:00a</b> Lap Swim (All Lanes)	<b>6:00am-8:00am</b> Lap Swim (All Lanes)	<b>7:00am-12:00pm</b> Lap Swim (All Lanes)	<b>7:00am-11:30am</b> Lap Swim (All Lanes)
<b>8:00am-9:00am</b> Water Aerobics No Lap Lanes	<b>9:00am-10:00am</b> Water Aerobics No Lap Lanes	<b>8:00am-9:00am</b> Water Aerobics No Lap Lanes	<b>9:00am-10:00am</b> Water Aerobics No Lap Lanes	<b>8:00am-9:00am</b> Water Aerobics No Lap Lanes	<b>12:00pm - 2:00pm</b> <b>3 Lap Lanes</b> (2 Lanes Family)	<b>11:30am-2:00pm</b> Lap Swim 3 Lanes 2 Lanes Family
<b>9:00am-5:00pm</b> Lap Swim (All Lanes)	<b>10:00am-5:00pm</b> Lap Swim ( All Lanes)	<b>9:00am-5:00pm</b> Lap Swim (All Lanes)	<b>10:00am-5:00pm</b> Lap Swim (All Lanes)	<b>9:00am-7:00pm</b> Lap Swim (All Lanes)		
<b>5:00-6:20pm</b> Lap Swim (4 Lanes) 1 Lane lessons	<b>5:00-7:00pm</b> Lap Swim (3 Lanes) 2 Lesson Lanes	<b>5:30-7:00pm</b> Lap Swim (3 Lanes) 2 Lessons	<b>5:00-6:20pm</b> Lap Swim (4 Lanes) 1 Lesson			
<b>6:20-7:00pm</b> Lap Swim ( 3 Lanes) 2 Lessons			<b>6:20-7:00pm</b> Lap Swim ( 3 Lanes) 2 Lessons			
				<b>Aquatic Manager</b> <b>Colin Norton</b> <b>cnorton@lansingymca.org</b> <b>517-827-9678</b>		

## **WESTSIDE YMCA AQUATIC INFORMATION**

### **SWIM LESSONS**

Next Swim Session Begins April 8

Registration Begins: March 18 for Members and March 20 for non-members @ 12pm

### **LAP SWIM**

We ask that all be respectful of others and share lanes as needed. Lap Swim is available for those ages 13 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 9-12 years old: Must have parent on the deck.

Children under 48 inches tall who are not being directly supervised by a parent will be required to swim in the splash pool

Children over 48 inches tall who do not pass the swim test will be allowed to swim in the shallow part of the deep end.

### **Water Aerobics Arthritis Mon-Wed-Fri 8:00am-9:00am**

### **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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