



WESTSIDE YMCA POOL SCHEDULE - May 1-31 Lap Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am-8:00am Lap Swim (All Lanes)	6:00am-9:00am Lap Swim (All Lanes)	6:00am-8:00am Lap Swim (All Lanes)	6:00am-9:00a Lap Swim (All Lanes)	6:00am-8:00am Lap Swim (All Lanes)	7:00am-12:00pm Lap Swim (All Lanes)	7:00am-11:30am Lap Swim (All Lanes)
8:00am-9:00am Water Aerobics No Lap Lanes	9:00am-10:00am Water Aerobics No Lap Lanes	8:00am-9:00am Water Aerobics No Lap Lanes	9:00am-10:00am Water Aerobics No Lap Lanes	8:00am-9:00am Water Aerobics No Lap Lanes	12:00pm - 2:00pm 3 Lap Lanes (2 Lanes Family)	11:30am-2:00pm Lap Swim (All Lanes)
9:00-4:45p Lap Swim (All Lanes)	10:00am-4:45p Lap Swim (All Lanes)	9:00-4:45p Lap Swim (All Lanes)	10:00am-4:45p Lap Swim (All Lanes)	9:00am-700pm Lap Swim (All Lanes)		
4:45-7:00pm Lap Swim (3 Lanes) 2 Lanes Lessons	4:45-7:00pm Lap Swim (3 Lanes) 2 Lanes Lessons	4:45-7:00pm Lap Swim (3 Lanes) 2 Lanes Lessons	4:45-7:00pm Lap Swim (3 Lanes) 2 Lanes Lessons			
				Aquatic Manager Colin Norton cnorton@lansingymca.org 517-827-9678		

WESTSIDE YMCA AQUATIC INFORMATION

SWIM LESSONS

Next Swim Session Begins June 8 for classes 2x a week for 3 wks

Registration Begins: May 13 for members and May 15 for non-members @ 12p

Classes Begin July 8 for 1x per wk for 6 wks Registration Begin June 17 for members and June 19th 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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