



# WESTSIDE LAP POOL SCHEDULE

June 1-8

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00 AM	6:00-7:50 a.m. Lap Swim (all lanes)	6:00-9:00 a.m. Lap Swim (all lanes)	6:00-7:50 a.m. Lap Swim (all lanes)	6:00-9:00 a.m. Lap Swim (all lanes)	6:00-8:00 a.m. Lap Swim (all lanes)			
7:00 AM								
8:00 AM	7:50-9:00 a.m. Arthritis Aquatics		7:50-9:00 a.m. Arthritis Aquatics		8:00-9:00 a.m. Arthritis Aquatics	7:00 a.m.-12:00 p.m. Lap Swim (all lanes)	7:00 a.m.-12:00 p.m. Lap Swim (all lanes)	
9:00 AM	9:10- 5:00pm Lap Swim (all lanes)	9:00-10:00 a.m. Water Aerobics		9:00-10:00 a.m. Water Aerobics				
11:00 AM								
12:00 PM								
1:00 PM			10:00a-5:00pm Lap Swim (all lanes)	9:10-5:00pm Lap Swim (all lanes)	10:00-5:00pm Lap Swim (all lanes)	9:10-4:00pm Lap Swim (all lanes)	12:00 -2:00 p.m. Lap Swim (3 lanes) Family Swim (2 lanes)	12:00 -2:00 p.m. Lap Swim (3 lanes) Family Swim (2 lanes)
2:00 PM								
3:00 PM								
4:00 PM								
5:00 PM	5:00-7:00pm Lap Swim ( 5 Lanes)	5:00-7:00pm Lap Swim ( 5 Lanes)	5:00pm-7:00pm Lap Swim ( 5 Lanes)	5:00-7:00pm Lap Swim (3 lanes)	4:00 -7:00 p.m. Lap Swim (3 lanes) Family Swim (2 lanes)			
6:00 PM								
7:00 PM	7:00-8:00 p.m. Lap Swim (all lanes)	7:00-8:00 p.m. Lap Swim (all lanes)	7:00-8:00 p.m. Open Swim (All Lanes)	7:00-8:00 p.m. Open Swim (All Lanes)				

# WESTSIDE SPLASH POOL & SLIDE SCHEDULE

June 1-8

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>10:00 AM</b>	<b>10:00-7:00</b> Splash and Play (no slide)	<b>10:00-7:00</b> Splash and Play (no slide)	<b>10:00-7:00</b> Splash and Play (no slide)	CLOSED Rental	<b>10:00-:3:00pm</b> Splash and Play (no slide)	<b>10:00 a.m.-12:00 p.m.</b> Splash & Play (no slide)	
<b>11:00 AM</b>							<b>11:00 a.m.-12:00 p.m.</b> Splash & Play (no slide)
<b>12:00 PM</b>						<b>12:00-2:00 p.m.</b> Splash & Play  Slide Open	<b>12:00-2:00 p.m.</b> Splash & Play  Slide Open
<b>1:00 PM</b>							
<b>2:00 PM</b>	<b>4:30-6:55 p.m.</b> Splash & Play (no slide)	<b>4:30-6:55 p.m.</b> Splash & Play (no slide)	<b>4:30-6:55 p.m.</b> Splash & Play (no slide)	<b>3:00-6:55 p.m.</b> Splash & Play (no slide)	<b>3:00 -6:55 p.m.</b> Splash & Play  <b>4:00 -6:30 p.m.</b> Slide Open	CLOSED	CLOSED
<b>3:00 PM</b>							
<b>4:00 PM</b>							
<b>5:00 PM</b>							
<b>6:00 PM</b>							
<b>7:00 PM</b>							



## **WESTSIDE YMCA AQUATICS INFORMATION**

### **Swim Lessons**

Swim Lesson registration is NOW Classes begin June 9 for 2x a week for 3 weeks

July Session begins July 8 for 1x a week for 6 weeks

Saturday classes meet 1x per week for 6 weeks.

### **Lap Swim**

We ask that all swimmers 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. Walkers and Exercise users will be asked to share lanes and limit use to Lanes 1 or 2 during high usage times.

### **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 length on their back, and ability to tread water for 30 seconds.
- **Ages 5 & under: Must have a parent in the water with the child.**
- **Ages 5-8 yrs: Must have a parent sit pool side.**
- Ages 9-11 years old: Must have a parent in the building.
- Children under 48 inches tall who are not being directly supervised by a parent are required to wear a life jacket.
- Children must be 48 inches tall to utilize the slide.

### **Water Fitness**

- **Water Aerobics:** 45–60-minute class with a combination of cardio and strength. Great for all fitness levels. No swimming ability required.
- **Arthritis Aquatics:** Water-based classes designed to decrease inflammation and improve joint mobility with gentle strength and stretching exercises.