



# WESTSIDE LAP POOL SCHEDULE

Sept 1-7 Pool Closed September 4-5

| TIME     | MONDAY                                | TUESDAY                                    | WEDNESDAY                                  | THURSDAY | FRIDAY | SATURDAY  | SUNDAY  |
|----------|---------------------------------------|--|--|----------|--------|---|---|
| 6:00 AM  | 7am-11:30a<br>Lap Swim<br>(all lanes) | 5:45-9:00 a.m.<br>Lap Swim<br>(all lanes)  | 5:45:7:50 a.m.<br>Lap Swim<br>(all lanes)  | Closed   | Closed |   |   |
| 7:00 AM  |                                       |  |  |          |        |   |   |
| 8:00 AM  |                                       |  | 7:50-9:00 a.m.<br>Arthritis Aquatics       |          |        | 7:00 a.m.-12:00 p.m.<br>Lap Swim<br>(all lanes) | 7:00 a.m.-12:00 p.m.<br>Lap Swim<br>(all lanes) |
| 9:00 AM  |                                       | 9:00-10:00 a.m.<br>Water Aerobics          | 9:10-5:00 p.m.<br>Lap Swim<br>(All Lanes)  |          |        |   |   |
| 11:00 AM |                                       | 10:00-5:00 p.m.<br>Lap Swim<br>(all lanes) |  |          |        |   |   |
| 12:00 PM |                                       |  |  |          |        |   |   |
| 1:00 PM  |                                       |  |  |          |        |   |   |
| 2:00 PM  |                                       |  |  |          |        |   |   |
| 3:00 PM  |                                       |  |  |          |        |   |   |
| 4:00 PM  |                                       |  |  |          |        |   |   |
| 5:00 PM  |                                       | 5:00-7:00pm<br>Lap Swim<br>( 3 Lanes)      | 5:00pm-7:00pm<br>Lap Swim<br>( 3 Lanes)    |          |        |   |   |
| 6:00 PM  |                                       |  |  |          |        |   |   |
| 7:00 PM  |                                       | 7:00-8:00 p.m.<br>Lap Swim (all lanes)     | 7:00-8:00 p.m.<br>Open Swim<br>(All Lanes) |          |        |   |   |

# WESTSIDE SPLASH POOL & SLIDE SCHEDULE

Sept 1-7 Pool will close at 12p on September 3<sup>rd</sup>

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



## WESTSIDE YMCA AQUATICS INFORMATION

### Swim Lessons

Registration for September Classes begins August 18<sup>th</sup> for members and August 20<sup>th</sup> for non-members. Classes begin on September 8<sup>th</sup> 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.