

December 22nd – January 4th

WESTSIDE YMCA AQUATICS INFORMATION

Holiday Closures and Hours

The YMCA will be **closed on December 25th** for Christmas. The pools will be closing at 11:30 am on December 24th, December 31st, and January 1st.

Holiday Camp Swim

The Lap and Splash & Play pool will be closed on December 22nd, 23rd, 29th, 30th, and January 2nd from 12:50pm-2:15pm for Camp Swim. During this time, the personal locker room will also be closed.

Swim Lessons

Next Registration: Members December 15 Non-Members December 16 Classes begin Jan. 5

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 8 & under: Must have a parent in the water with the child. Children under 4 must remain in arms length.**
- 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.

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.