



# WESTSIDE LAP POOL SCHEDULE

January 5-January 31

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>6:00 AM</b>	6:00-8:20 a.m. Lap Swim (all lanes)	6:00-9:00 a.m. Lap Swim (all lanes)	6:00-8:20 a.m. Lap Swim (all lanes)	6:00-9:00 a.m. Lap Swim (all lanes)	6:00-8:20 a.m. Lap Swim (all lanes)			
<b>7:00 AM</b>								
<b>8:00 AM</b>	8:30-9:30 a.m. Arthritis Aquatics		8:30-9:30 a.m. Arthritis Aquatics		8:30-9:30 a.m. Arthritis Aquatics	7:00 a.m.-9:30 a.m. Lap Swim (all lanes) 9:30-11:45 a.m. Lap Swim (4 Lanes)  1 Lane Lessons	7:00 a.m.-12:00 p.m. Lap Swim (all lanes)	
<b>9:00 AM</b>	9:40 a.m.-5:00 p.m. Lap Swim (all lanes)	9:00-10:00 a.m. Water Aerobics		9:00-10:00 a.m. Water Aerobics				
<b>10:00 AM</b>								
<b>11:00 AM</b>								
<b>12:00 PM</b>						9:40 a.m.-4:00 p.m. Lap Swim (all lanes)	11:45a -3:00 p.m. Lap Swim (3 lanes) Family Swim (2 lanes)	12:00 -3:00 p.m. Lap Swim (3 lanes) Family Swim (2 lanes)
<b>1:00 PM</b>		10:00 a.m.-5:00 p.m. Lap Swim (all lanes)	9:40 a.m.-5:00 p.m. Lap Swim (all lanes)	10:00 a.m.-5:00 p.m. Lap Swim (all lanes)				
<b>2:00 PM</b>								
<b>3:00 PM</b>								
<b>4:00 PM</b>								
<b>5:00 PM</b>	5:00-7:00 p.m. Lap Swim (3 lanes) Swim Lessons (2 lanes)	5:00-7:00 p.m. Lap Swim (3 lanes) Swim Lessons (2 lanes)	5:00-7:00 p.m. Lap Swim (3 lanes) Swim Lessons (2 lanes)	5:00-7:00 p.m. Lap Swim (3 lanes) Swim Lessons (2 lanes)	4:00 -7:00 p.m. Lap Swim (3 lanes) Family Swim (2 lanes)			
<b>6:00 PM</b>								
<b>7:00 PM</b>	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. Lap Swim (all lanes)	7:00-8:00 p.m. Lap Swim (all lanes)				

# WESTSIDE SPLASH POOL & SLIDE SCHEDULE

OCTOBER 1-31

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



## **WESTSIDE YMCA AQUATICS INFORMATION**

### **Swim Lessons**

Next Registration: January 26 for members January 28 for non-members for February session  
January Lessons begin January 5th

### **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.