



WESTSIDE LAP POOL SCHEDULE

March 1st – March 28th

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

WESTSIDE SPLASH POOL & SLIDE SCHEDULE

March 1st – March 28th

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



WESTSIDE YMCA AQUATICS INFORMATION

Events

March 10th, 1pm-2pm: Silver Swimmers – Intro to Pool:

This class is perfect for Silver Sneakers members who want to gain confidence in the pool. Learn pool layout basics, water safety, aquatic equipment, lane-sharing, and whirlpool etiquette in a supportive environment. **Lanes 1-3 will be reserved for this event.**

March 21st, 12:45p-2pm: Egg Hunt!

Join us for an Egg Hunt in the pool! Groups will be divided into three age groups: 0-3yr, 4-7yr, 8-11yr. Parents must be in the water with children aged 7 and under. Pool will be closing at 12:45pm for event, and we will reopen at 2pm.

Swim Lessons

Next registration: March 16th members March 18th non-members. Session begins April 6th

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.