



WESTSIDE LAP POOL SCHEDULE

June 1st – June 7th

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	6:00-8:00 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)	6:00-9:00 a.m. Lap Swim (all lanes)	6:00-8:00 a.m. Lap Swim (all lanes)	7:00 a.m.-10:00 a.m. Lap Swim (all lanes) 10:00 a.m. – 11:50 a.m. Lap Swim (4 lanes) Swim Lessons (1 lane)	7:00 a.m.-12:00 p.m. Lap Swim (all lanes)
7:00 AM			8:00-9:00 a.m. Arthritis Aquatics		8:00-9:00 a.m. Arthritis Aquatics		
8:00 AM	9:00-10:00 a.m. Water Aerobics	9:00 a.m.-5:00 p.m. Lap Swim (all lanes)	9:00 a.m.-5:00 p.m. Lap Swim (all lanes)	9:00-10:00 a.m. Water Aerobics	9:00 a.m.-4:00 p.m. Lap Swim (all lanes)		
9:00 AM	9:00 a.m.-5:00 p.m. Lap Swim (all lanes)			10:00 a.m.-5:00 p.m. Lap Swim (all lanes)		10:00 a.m.-12:20 p.m. Lap Swim (all lanes)	11:45a -3:00 p.m. Lap Swim (3 lanes) Family Swim (2 lanes)
10:00 AM		CLOSED for St. Gerard 12:20p.m-1:40p.m	12:00 -3:00 p.m. Lap Swim (3 lanes) Family Swim (2 lanes)				
11:00 AM					1:40pm-5:00p.m. Lap Swim (all lanes)	4:00 -7:00 p.m. Lap Swim (3 lanes) Family Swim (2 lanes)	
12:00 PM		5:00-7:00 p.m. Lap Swim (all lanes)	5:00-7:00 p.m. Lap Swim (all lanes)				
1:00 PM					5:00-7:00 p.m. Lap Swim (all lanes)	5:00-7:00 p.m. Lap Swim (all lanes)	
2:00 PM		7:00-8:00 p.m. Lap Swim (all lanes)	7:00-8:00 p.m. Lap Swim (all lanes)				
3:00 PM					7:00-8:00 p.m. Lap Swim (all lanes)	7:00-8:00 p.m. Lap Swim (all lanes)	
4:00 PM	7:00-8:00 p.m. Lap Swim (all lanes)	7:00-8:00 p.m. Lap Swim (all lanes)					
5:00 PM			7:00-8:00 p.m. Lap Swim (all lanes)	7:00-8:00 p.m. Lap Swim (all lanes)			
6:00 PM	7:00-8:00 p.m. Lap Swim (all lanes)	7:00-8:00 p.m. Lap Swim (all lanes)					
7:00 PM			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

June 1st – June 7th

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	12:00-3:00 p.m. Splash & Play 12:00-2:00 p.m. Slide Open
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM						4:00p.m-7:00p.m Splash & Play Slide Open	
5:00 PM							
6:00 PM							
7:00 PM							



WESTSIDE YMCA AQUATICS INFORMATION

Closures:

The Splash & Play pool will be closed from Sunday, May 31st through Thursday, June 4th for maintenance.

The Hot Tub will be closed on Tuesday, June 2nd for maintenance.

The Lap Pool will be closed from 12:20pm-1:40pm for the St. Gerard field trip.

Swim Lessons

Registration for the Summer is open! Our first session swim lessons begin June 8th and will run through June 25th during the week. Our second session swim lessons will begin July 6th and will run through August 13th. Register now!

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.