



WESTSIDE YMCA AQUATICS INFORMATION

Closures:

The pool deck will be closed from 12:45pm-3:15pm for camp swim. During this time, there will be no entry to the pool deck.

The Personal Locker room will be closed from 12:00-4:00 for camp.

Swim Lessons

Registration for the fall session will open August 17th for members and August 19th for non-members. This session will begin September 7th. Inquire today about private lessons!

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. Lanes may be used for Private Swim lessons not shown on schedule.

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.