Ervin “Magic” Johnson LAP POOL SCHEDULE

Nov 1-30

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

SPLASH POOL & SLIDE SCHEDULE

Nov. 1-30

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	12:00-3:00 p.m. Splash & Play
1:00 PM						12:00-3:00 p.m. Slide Open	12:00 2:30 p.m. Slide Open
2:00 PM							
3:00 PM					3:00 -6:55 p.m. Splash & Play	CLOSED	CLOSED
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)			
5:00 PM					5:00 -6:30 p.m. Slide Open		
6:00 PM							
7:00 PM							

WESTSIDE YMCA AQUATICS INFORMATION

Swim Lessons

Next Registration will be Dec 14 for members and Dec 16 for non-members

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.