WADSWORTH YMCA LAP POOL SCHEDULE

January 2020

Lap Swimming and Water Fitness is available for ages 11 (green swim band) & up during open pool hours.

- This Schedule is subject to change for special events & circumstances.
- Please limit your workout to an hour if others are waiting.



Monday & Wednesday

Lap Pool Open 5:45a-2:30p & 5:30p-7:30p

Water Aerobics (4 lanes) 9:00-10:00am

Waves Youth Swim Team (6 lanes Mon & 4 lanes Wed 6:30 / 8 lanes 7:30pm)



Tuesday & Thursday

Lap Pool Open 6:50a-2:30p & 5:30p-7:30p

Water Aerobics (4 lanes) 8:00-10:00 am

Swim Lessons (2 lanes) 4:30-7:30pm

Waves Youth Swim Team (4 lanes Tues & 6 lanes Thurs 6:30pm / 8 lanes 7:30pm)



Friday

Lap Pool Open 5:45a-2:30p & 5:30p-7:30p

Swim Lessons (2 lanes) 4:30-7:15pm

Waves Youth Swim Team (4 - 6 lanes 6:30pm / 8 lanes 7:30pm)



Saturday

Lap Pool Open 8:00am - 1:45pm

Swim Lessons (4 lanes) 9:00am-12:00pm

Please watch for closings for swim meets.



Sunday

The YMCA is currently closed on Sunday.



WADSWORTH YMCA 623 School Drive Wadsworth, OH 44281 P 330 334 9622

akronymca.org

WADSWORTH YMCA REC POOL SCHEDULE

January 2020

Family Swim Reservations are required to participate in open swims.

Age Policy: Children 5 & under must be accompanied by an adult into the pool. The adult must stay within arm's reach of the child at all times. Children 6-11 years old must have an adult on the pool deck while swimming if not in the water. All swimmers ages 1 through 11 must also wear a swim band on their wrist to identify their swimming ability to the lifeguard.



Monday & Wednesday

Open Swim: 11:00a-1:00p, 1:30-3:30p, 4:00-5:30p Wed & 6:00p-7:30p

Swim Lessons: Monday 4:00-6:00pm



Tuesday & Thursday

Open Swim:: 11:00a-1:00p, 1:30-3:30p

Swim Lessons: 4:00p-7:30p



Friday

Open Swim: 2:30-4:30p, 5:00-7:30p

Swim Lessons: 10:00am-2:00p



Saturday

Open Swim: 12:00-1:30p

Swim Lessons: 9:00a-12:00p



Sunday

The YMCA is currently closed on Sunday.

SAFE POOLS HAVE RULES

- 1. Swimming without a lifeguard is prohibited.
- 2. Breath-holding activities and horseplay are not permitted in Y pools and will not be tolerated.
- 3. Use of dive masks that cover the nose, inflatables and mono-fins is prohibited.
- 4. Keep all chairs in their proper locations and against the wall at all times.
- 5. Shower before you enter the pool / Proper swimming attire must be worn at all times.
- 6. Running on the deck, locker rooms, showers or hallways is not permitted.
- 7. Food, pop, gum or candies are not permitted in the Aquatics Center.
- 8. Y equipment is reserved for instructor use only. / Starting blocks are only to be used with a Y Coach.
- 9. Children must pass a swim test before they are permitted in the deep end.
- 10. Dive only where permitted. Enter the water feet first and facing forward.
- 11. Hanging on the float lines, starting block or lap lanes is not permitted.
- 12. Persons with bandages, open cuts and wounds are not allowed in the pool.
- 13. The lifeguard's word is final.



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The Y strives to make programs and membership available to all. Financial assistance may be available to those who qualify.