WADSWORTH YMCA LAP POOL SCHEDULE

Summer 2022: June 6 to August 6

Lap Lanes Reserved for Lap Swimming. Open Area for Water Fitness & Open Swim when not used for classes or programs. ***Day Camp children will be using the lap pool locker rooms off and on 10:00am till 3:00pm, please avoid sharing with them*** Thank You!

- Swim band/test required till age 13 / Parent supervision to age 11/ Parent swimming with child to age 6
- This Schedule is subject to change for special events & circumstances.
- Please limit your workout to an hour if others are waiting. Please share lanes when possible.
- Lap Pool will be drained and cleaned in August closing for one week.



Monday through Thursday

Lap Pool Open 5:45a - 8:00p (8 Lane Pool)

Water Aerobics (4 lanes) Mon/Wed/Fri 9-10am & Tues/Thurs 8am-10am Swim Lessons (1-2 lanes) Mon/Tues/Thurs 4:00-7:00pm Swim Team (5 lanes) Mon/Tues/Thurs 4:30-6:30pm & (2 lanes) Mon/Fri 8-9am

Home Swim Meets will be held on Wednesday Evenings - Please watch for Postings on the pool door in advance (Rec Pool will have regular hours during meets)



Friday

Lap Pool Open 5:45a - 7:00p Family Open Swim (2-3 Lanes 4:00-7:00)



Saturday

Lap Pool Open 7:15am - 3:30pm

Swim Lessons (3 lanes) 9:00a-12:00p (May also be Scuba Classes at 8 am) Family Open Swim (2-3 Lanes 12:00-1:30p)



Sunday

Lap Pool Open 12:15p - 3:30p

Family Open Swim (2-3 Lanes 12:15-3:30) Great for parents who want to work with their own children on swimming skills or just have fun in the deeper pool.



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WADSWORTH YMCA REC POOL SCHEDULE

Summer 2022: June 6 - August 6

PLEASE NOTE: NO OPEN SWIM AVAILABLE DURING SWIM LESSONS

Monday AM & PM, Tuesday & Thursday PM, Saturday AM or any classes at the outside pool

Age Policy: Children 5 & under must be accompanied into the pool by an adult, dressed in swim attire, that will be swimming with the child and 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 12 must also wear a swim band on their wrist to identify their swimming ability to the lifeguard. Thank you for your cooperation with these safety measures.

OPEN SWIM Monday: 10:30 am - 1:00 pm

6:30 pm - 8:00 pm

Tuesday: 10:30 am - 1:00 pm

Wednesday: 10:30 am - 1:00 pm

3:00 pm - 8:00 pm

Thursday: 10:30 am - 1:00 pm

Friday: 11:00 am - 7:00 pm

Saturday: 11:30 am - 3:30 pm

Sunday: 12:15 pm - 3:30 pm

Spray Features available during all days/times listed

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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