# WADSWORTH YMCA LAP POOL SCHEDULE

## **Spring: April 21 – June 1, 2025**

- Lap Swimming and Water Fitness is available for all ages. Please limit your workout to an hour if others are waiting to swim / sharing lanes is encouraged
- During open hours, open swimming is available in the open area (Lanes 7 & 8) when no programs are using this space /The Pool Schedule is subject to change/ This is an 8 lane, 25-yard pool.

## **Monday - Friday**



Lap Pool Open 5:40a-8:30p (7:30p Friday)

Water Aerobics (4 lanes) Mon-Thurs 9:30-10:30a, Thurs 7:40-8:30a, Fri 8:30-9:30a

High School Gym Class (3 lanes) 1:45-2:15p

Swim Lessons: 3 Lanes / Tues & Thurs 4:45-7:15p & Fri 10:15a-12:15p

Waves Youth Swim Team: 3 Lanes / Mon-Fri 3:30-5:00p &

4 Lanes / Mon-Wed-Fri 5:15-6:15p

3 Lanes / Mon-Thurs 6:30-7:45p

Lap Swimming available in open lanes 5:40a - 8:30p



Saturday

Lap Pool Open 7:15a - 3:30p

Swim Lessons (3-4 lanes) 9:00a-12:15p

Please watch postings at branch for schedule changes, guard classes, scuba classes & more.



**Sunday** 

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

Lap Swimming Lanes 1-6 & Family Open Swim Lanes 7 & 8 (Some space may be used for staff training or scuba)

Please contact the Aquatics Office if you have any questions – Enjoy your swim!



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

akronymca.org

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

## WADSWORTH YMCA REC POOL SCHEDULE

## Spring Session: April 20-June 1, 2025

Age Policy: Children 5 & under must be accompanied in the pool, by an adult dressed to swim. The adult must stay within arm's reach of the child at all times. Children 6-10 years old must have a supervising adult on the pool deck or in the water. All swimmers ages 1 through 14 must also wear a swim band on their wrist to identify their swimming ability to the lifeguard.

### **Weekday Open Swims:**



Monday: 11:00a-7:30p

Tuesday & Thursday 10:00a-1:00p & 3:30-4:45 & 6:30-7:30p

(no spray features in the morning, as swim lessons are held)

(spray features may not be available at 6:30pm)

Wednesday 10:00a - 1:00p and 3:30 - 7:30p

Friday: 10:00a-7:30p (lessons using pool also, 11:30am-12:00)



#### **Weekend Open Swims:**

Saturday: 11:30a - 3:30p Sunday: 12:15p - 3:30p



### **Swim Lessons Only:**

Tuesday and Thursday: 4:45-6:30p

Saturday: 9:00-11:30a

#### 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 Y 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. (NO DIVING IN REC POOL)
- 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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