



Pool Schedule

Effective January 9th-Feb 3rd

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 - 8:00 Lap Swim	5:00 - 8:00 Lap Swim	5:00 - 8:00 Lap Swim	5:00 - 8:00 Lap Swim	5:00 - 8:00 Lap Swim	6:00 - 8:15 Lap Swim	10:00 - 1:30 PM Open/Lap Swim
8:00 - 8:50 Aqua Fit (4 lanes) Lap Swim (2 lanes)	8:00 - 8:50 Aqua Fit (4 lanes) Lap Swim (2 lanes)	8:00 - 8:50 Aqua Fit (4 lanes) Lap Swim (2 lanes)	8:00 - 8:50 Aqua Fit (4 lanes) Lap Swim (2 lanes)	8:00 - 8:50 Aqua Fit (4 lanes) Lap Swim (2 lanes)	8:15- 11:30 Swim Lessons	
8:50- 1:00 Open/Lap Swim	8:50- 12:30 Open/Lap Swim	8:50 - 12:30 Open/Lap Swim	8:50- 12:30 Open/Lap Swim	8:50- 1:00 Open/Lap Swim	11:30 - 2:30 PM Open/Lap Swim	
1:00 - 1:50 Aqua Fit (3 lanes) Lap Swim (3 lanes)	12:30-2:30 Pool Programming	11:00 - 11:50 Aqua Fit (3 lanes) Lap Swim (3 lanes)	12:30-2:30 Pool Programming	1:00 - 1:50 Aqua Fit (3 lanes) Lap Swim (3 lanes)	2:30 - 5:00 POOL CLOSED	
1:50 - 4:00 Open/Lap Swim	2:30- 4:00 Open/Lap Swim	12:30-2:30 Pool Programming	2:30- 4:00 Open/Lap Swim	1:50 - 6:00 Open/Lap Swim		
4:00- 6:00 Swim Team (3 lanes) Lap Swim (2 lanes) Private (1 lane)	4:00- 5:00 Swim Team	2:30- 4:00 Open/Lap Swim	4:00- 5:00 Swim Team	6:00 - 7:30 Water Volleyball (2 Lanes) Lap/Open Swim Lap Swim (2 lanes)	Lap Swim: Members 13 years and older unless accompanied by an adult on pool deck	
6:00 - 7:30 Water Volleyball (2 Lanes) Lap/Open Swim	5:00- 6:00 Swim Team (3 lanes) Lap Swim (2 lanes) Private (1 lane)	4:00- 6:00 Swim Team (3 lanes) Lap Swim (2 lanes) Private (1 lane)	5:00- 6:00 Swim Team (3 lanes) Lap Swim (2 lanes) Private (1 lane)		Open Swim: Adults MUST be in the water at all times with children 7 and under or kids 8 and older who cannot pass a swim test. For families as well as individuals wanting to be in the water	
	6:00 - 6:50 Aqua Fit Lap Swim (2 Lanes)	6:00- 7:30* Open/Lap Swim	6:00 - 6:50 Aqua Fit Lap Swim (2 Lanes)		Aqua Fitness Class: Members 16 years and older for instructor led class. Members 13-16 can participate with an adult.	
	6:50- 7:30* Open/Lap Swim		6:50- 7:30* Open/Lap Swim		Water Volleyball: Members 13 years and older unless accompanied by an adult on pool deck. Please be aware that swim may be interrupted by the volleyball.	

Lanes must be shared when the pool is busy!
Sauna, Steam Room and Whirlpool close when the pool closes.

Lanes may need to be used for Private Swim Lessons at anytime

*After School Care (ASC) will share the family lane 3-4pm Thursday and Friday

*The pool will close at 7pm the first Tuesday of the month for staff training



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WINONA FAMILY YMCA

POOL RULES

MEMBERS AND GUESTS ARE EXPECTED TO MODEL THE YMCA'S CORE VALUES OF CARING, HONESTY, RESPECT, AND RESPONSIBILITY AT ALL TIMES.

Because we CARE about your safety:

- Only jump feet first into the shallow end.
- Diving is only allowed in 8 feet or more of water.
- Diving blocks are only used in swim lessons or for swim team.
- Walk on the pool deck, don't run.
- Swimmers who require life jackets are to stay in the shallow end of the pool and have a supervising adult in the water with them at all times.
- All lifejackets must be Coast Guard approved (noodles or water wings are not recognized as proper flotation devices).
- No noodles, life jackets, or other floating toys in the deep end.
- No inflatables in the pool.

We appreciate your HONESTY:

- Ask the lifeguard on duty for clarification on any pool rules.
- Talk to lifeguard on duty if something is making you uncomfortable.
- Ask before borrowing pool equipment.
- No glass water bottles or containers are allowed the pool deck.



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Please show **RESPECT**:

- No food or drink in the pool area (excluding plastic water bottles).
- No chewing gum while swimming.
- Do not spit or spout water while in the pool area
- Aqua Fit equipment (belts, water weights, steps) is for exercise and class use only.
- Fins are only for swim team and lap swimmers, and not to be used for open swim.
- Fins are not to be worn on the pool deck.
- Listen to lifeguards. They have the ultimate say over the pool.
- Pick up and put away all pool equipment before leaving the pool area.
- Be aware of your language and actions, this is a family friendly facility.

Be a **RESPONSIBLE** pool patron:

- Children 7 years old and under must have an adult in the pool with them at all times.
- Children 8-10 years old may be in the pool independently if they pass a swim test and have a supervising adult watching from the deck .
- Children 11 and older can swim independently, with no adult supervision.
- Do not enter the pool area unless there is a lifeguard on duty.
- Shower with soap before entering the pool.
- Swimmers are expected to share lap lanes if other lanes are occupied.
- Do not enter the pool if you have an open wound or cut.
- Diaper changing on the pool deck is not allowed. Diapered children must wear a swim diaper.
- No street clothes in the pool.

AQUA FIT CLASS DESCRIPTION:

Our Aqua Fit class includes a variety of shallow and or deep water exercises. Participants may take class from the depth they are comfortable with. Your instructor will guide you through a warm up, cardiovascular exercises, as well as strengthening moves. Aqua belts, water weights, and/or noodles may be used. By using your body's natural buoyancy, water reduces joint stress while creating natural resistance to work the muscles of the body. Class format may vary by instructor. Aqua Fit classes are 45 minutes.