



Winona Family YMCA Pool Schedule  
Effective June 23rd, 2025

LAP SWIM TIMES

Privates may use lanes at anytime

MON	TUES	WED	THUR	FRI	SAT	SUN
5:00a-8:00a 5 lanes	8:00a-8:50a 2 lanes	5:00a-6:00a 5 lanes	8:00a-8:50a 2 lanes	5:00a-8:00a 5 lanes	8:00a-9:00a 5 lanes	Closed
8:00a-8:50a 2 lanes	8:50a-7:30p 4 lanes	6:00a-8:00a 4 lanes	8:50a-7:30p 4 lanes	8:00a-8:50a 2 lanes	9:00a-12:00p 4 Lanes	
8:50a-1:00p 4 lanes		8:00a-8:50a 2 lanes		8:50a-1:00p 4 lanes		
1:00p-1:50p 2 lanes		8:50a-1:00p 4 lanes		1:00p-1:50p 2 lanes		
1:50p-6:00p 4 lanes		1:00p-1:50p 2 lanes		1:50p-6:00p 4 lanes		
6:00p-7:30p 1 lanes		1:50p-6:00p 4 lanes		6:00p-7:30p 1 lanes		

WATER FITNESS CLASSES & WATER VOLLEYBALL

MON	TUES	WED	THUR	FRI	SAT	SUN
Aqua Fit 8:00a-8:50a 3-4 Lanes	Aqua Fit 8:00a-8:50a 3-4 Lanes	Aqua Fit 8:00a-8:50a 3-4 Lanes	Aqua Fit 8:00a-8:50a 3-4 Lanes	Aqua Fit 8:00a-8:50a 3-4 Lanes		
Aqua Fit 1:00p-1:50p 3-4 Lanes		Aqua Fit 1:00p-1:50p 3-4 Lanes		Aqua Fit 1:00p-1:50p 3-4 Lanes		
Water Volleyball 6:00p-7:30p 2 lanes	Aqua Fit 6:00p-6:50p 2 lanes		Aqua Fit 6:00p-6:50p 2 lanes	Water Volleyball 6:00p-7:30p 2 lanes		

PROGRAMMING TIMES

MON	TUES	WED	THUR	FRI	SAT	SUN
					Next Session Begins 7/12	

OPEN SWIM TIMES

MON	TUES	WED	THUR	FRI	SAT	SUN
8:50a-1:00p 1:50p-7:30p	8:50a-6:00p 6:50p-7:30p	8:50a-1:00p 1:50p-6:00p	8:50a-6:00p 6:50p-7:30p	8:50a-1:00p 1:50p-7:30p	9:00a-12:00p	Closed



# Winona Family YMCA Pool Schedule Effective June 28th, 2025

## LAP SWIM TIMES

*Privates may use lanes at anytime*

MON	TUES	WED	THUR	FRI	SAT	SUN
<b>7:00a-8:00a</b> 5 lanes	8:00a-8:50a 2 lanes	<b>7:00a-8:00a</b> 5 lanes	8:00a-8:50a 2 lanes	<b>Closed</b>	8:00a-9:00a 5 lanes	Closed
8:00a-8:50a 2 lanes	8:50a-7:30p 4 lanes	6:00a-8:00a 4 lanes	8:50a-7:30p 4 lanes		9:00a-12:00p 4 Lanes	
8:50a-1:00p 4 lanes		8:00a-8:50a 2 lanes				
1:00p-1:50p 2 lanes		8:50a-1:00p 4 lanes				
1:50p-6:00p 4 lanes		1:00p-1:50p 2 lanes				
6:00p-7:30p 1 lanes		1:50p-6:00p 4 lanes				

Summer Care uses Open Swim Lanes Mon-Thurs 10a-11a

Mon/Wed: Pool Opens 7am  
Tues/Thurs/Sat: Pool Opens 8am  
Closed Friday

## WATER FITNESS CLASSES & WATER VOLLEYBALL

MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Aqua Fit</b> 8:00a-8:50a 3-4 Lanes	<b>Aqua Fit</b> 8:00a-8:50a 3-4 Lanes	<b>Aqua Fit</b> 8:00a-8:50a 3-4 Lanes	<b>Aqua Fit</b> 8:00a-8:50a 3-4 Lanes	<b>Closed</b>		
<b>Aqua Fit</b> 1:00p-1:50p 3-4 Lanes		<b>Aqua Fit</b> 1:00p-1:50p 3-4 Lanes				
<b>Water Volleyball</b> 6:00p-7:30p 2 lanes	<b>Aqua Fit</b> 6:00p-6:50p 2 lanes		<b>Aqua Fit</b> 6:00p-6:50p 2 lanes			

## PROGRAMMING TIMES

MON	TUES	WED	THUR	FRI	SAT	SUN
					Next Session Begins 7/12	

## OPEN SWIM TIMES

MON	TUES	WED	THUR	FRI	SAT	SUN
8:50a-1:00p 1:50p-7:30p	8:50a-6:00p 6:50p-7:30p	8:50a-1:00p 1:50p-6:00p	8:50a-6:00p 6:50p-7:30p	<b>Closed</b>	9:00a-12:00p	Closed

Summer Care will be using Open Swim Lanes Mon-Thurs 10a-11a

## Pool Usage Descriptions

Lap Swim	Age 13 and older unless accompanied by an adult on the pool deck	
Open Swim	Adults MUST be in the water at all times with children 7 and under or	
Aqua Fit	Age 10 and older with an adult or at instructor's discretion.	
Water Volleyball	Age 13 and older unless accompanied by an adult on the pool deck	
Programming	Swim Lessons, Swim Team or other pool related programming	

- During Pool Programming there may be temporary lane availability (look for sign on pool deck)
- Please share lanes if busy
- Lanes may be used for Private Swim Lessons any time
- After School Care shares Open Swim lanes from 3-4pm on Thursdays
- Sauna, steam room and whirlpool close when the pool closes
- Monthly trainings will be held the 1st Wednesday 5p-7p (2 lanes) and the 2nd Sunday 330-530
- If you are wanting to use the pool after using the sauna, steam room or hot tub please shower off BEFORE entering the pool. Also please only use the **Open Swim** lanes to cool off. If **Programming** or **Aqua Fit** is happening please refrain from using the pool to cool off

## Pool Rules

- Do not enter the pool area unless there is a lifeguard on duty
  - Children 7 and under:
    - Passed swim test: must have adult in the water and within arms reach (yellow band)
    - Did Not Pass Swim Test: Must have a n adult in the pool within arms reach and wear a life jacket inf in the deep end. No wrist band
  - Children 8-11:
    - Passed Swim Test: May swim independently, with a supervising adult on the pool deck (yellow band)
    - Did Not Pass Swim Test: Must have an adult in the pool within arm's reach and wear a life jacket if in the deep end. No Wrist Band
  - Children 12-14:
    - Passed Swim Test: May swim without an adult present (green band)
    - Did Not Pass Swim Test: Must have a supervising adult in the water with them. No wrist band.
  - Wear appropriate swimwear
  - Forward facing jumps only. No flips, twists or entering the pool sideways or backwards
  - Diving unless during YMCA programming
  - Horseplay, dunking, throwing of children, etc. are strictly prohibited
  - All life jackets must be Coast Guard approved (noodles or water wings are not recognized as proper flotation devices)
  - Shower with soap and water before entering the pool
  - No food, chewing gum, or drink in the pool area (excluding plastic water bottles)
  - Diaper changing on the pool deck is not allowed, and all diapered children must wear a swim diaper
  - The practice of hyperventilation and breath holding activities in the aquatic facility are strictly prohibited.
- You may have 20 seconds underwater or one half length of the pool underwater followed by a period of rest above the water
- Walk on the pool deck, do not run
  - No breakable containers allowed in the pool area
  - Be aware of your language and actions, this is a family friendly facility
  - No Mermaid Tails