



Winona Family YMCA POOL SCHEDULE Dec 29- Jan 4

Facility Hours

Monday-Friday 5am-8pm

Saturday 6am-5pm

Sunday 10am-4pm

The pool area closes 30 minutes before the facility unless otherwise noted.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM Children 8-13 must have passed the swim test and be swimming basic strokes continuously. 13+ must swim continuous strokes.	5-8am (5) 8-8:50am (2) 8:50am-1pm (4) 1-1:50pm (2) 1:50-4pm (4) 4-7:30pm (0)	5-8am (5) 8-8:50am (2) 8:50am-4pm (4) 4-6pm (0) 6-7:30pm (3)	CLOSED	CLOSED	5-8am (5) 8-8:50am (2) 8:50am-1pm (4) 1-1:50pm (2) 1:50-7:30pm (4)	6am-8am (5) 8am-11am (1) 11am-3:30pm (4)	10am-3:30pm (4)
OPEN SWIM	8:50am-1pm (2) 1:50-4pm (2) 6-7:30pm (2)	8:50am-4pm (2) 6:50-7:30pm (2)	CLOSED	CLOSED	8:50am-1pm (2) 1:50-7:30pm (2)	11am-3:30pm (2)	10am-3:30pm (2)
WATER FITNESS & WATER VOLLEYBALL	AquaFit 8-8:50am (3/4) 1-1:50pm (3/4) Water Volleyball 6-7:30pm (2)	AquaFit 8-8:50am (3/4) 6-6:50pm (2)	CLOSED	CLOSED	AquaFit 8-8:50am (3/4) 1-1:50pm (3/4) Water Volleyball 6-7:30pm (2)		
PROGRAMMING	Swim Team 4-6pm (2-6)	Swim Team 4-6pm (2-6)	CLOSED	CLOSED			

Lap lanes may be used for Private Swim Lessons at any time.

To be notified of unexpected closures & cancellations, subscribe to our NewsBlasts!



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 children 8 and older who
cannot pass a swim test.**

**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**

POOL INFORMATION

- Please share lanes if busy
- During Pool Programming there may be temporary lane availability (look for sign on pool deck)
- Lap 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 3:30-5:30pm
- 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

- Wear appropriate swimwear
- Forward facing jumps only. No flips, twists or entering the pool sideways or backwards
- No 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

Ages 7 and younger

Passed swim test

must have an adult in the pool within arm's reach. Yellow wristband.

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 wristband.

Ages 8-11

Passed swim test

may swim independently, with a supervising adult on the pool deck. Yellow wristband.

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 wristband.

Ages 12-14

Passed swim test

may swim without an adult present. Green wristband.

Did not pass swim test

must have a supervising adult in the water with them. No wristband.

Under 16 may use Whirlpool under direct supervision of an adult.
No one under age 18 in the sauna and steam room.