



# Winona Family YMCA

## POOL SCHEDULE

Jan 19th-Feb 1st

**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
<b>LAP SWIM</b> 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)	5-6am (5) 6-8am (4) 8-8:50am (2) 8:50am-1pm (4) 8:50am-1pm (4) 1-1:50pm (2) 1:50-4pm (4) 4p-6p (0) 6p-7:30pm (1)	5-8am (5) 8-8:50am (2) 8:50am-4pm (4) 4-6pm (0) 6-7:30pm (3)	5-8am (5) 8-8:50am (2) 8:50am-1pm (4) 1-1:50pm (2) 1:50-6pm (4) 6-7:30pm (2)	6-8am (4) 8-8:15 (5) 8:15-11am (1) 11am-3:30pm (4)	10am-1:15pm (4) 1:15pm-3:45pm (1)
<b>OPEN SWIM</b>	8:50am-1pm (2) 1:50-4pm (2) 6-7:30pm (2)	8:50am-4pm (2) 6:50-7:30pm (2)	8:50am-1pm (2) 1:50-4pm (2) 6:50-7:30pm (2)	8:50am-4pm (2) 6:50-7:30pm (2)	8:50am-1pm (2) 1:50-7:30pm (2)	11am-3:30pm (2)	10am-3:45pm (2)
<b>WATER FITNESS &amp; WATER VOLLEYBALL</b>	<b>Aqua Fit</b> 8-8:50am (3/4) 1-1:50pm (3/4)	<b>Aqua Fit</b> 8-8:50am (3/4) 6-6:50pm (2)	<b>Aqua Fit</b> 8-8:50am (3/4) 1-1:50pm (3/4)	<b>Aqua Fit</b> 8-8:50am (3/4) 6-6:50pm (2)	<b>Aqua Fit</b> 8-8:50am (3/4) 1-1:50pm (3/4)		
<b>PROGRAMMING</b>	Swim Team 4-6pm (2-6)	Swim Team 4-6pm (2-6)	Swim Team 4-6pm (6)	Swim Team 4-6pm (2-6)		Swim Lessons 8:15-11am (4)	Swim Lessons 1:30-3:45pm (4)

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.