



# Winona Family YMCA POOL SCHEDULE Feb 2nd-Feb 8th

## 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) 1-1:50pm (2) 1:50-4pm (4) 4p-6p (0) 6p-730p (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-1pm (4) <b>1-3:30pm CLOSED FOR STAFF TRAINING</b>	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) After School Care will be using the Open Swim Lanes Thursdays 3-4pm	8:50am-1pm (2) 1:50-7:30pm (2)	11am-1pm (2) <b>1-3:30pm CLOSED FOR STAFF TRAINING</b>	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>Water Volleyball</b> 6-7:30pm (2)	<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 Zumba</b> 6-6:50pm (3)	<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>Water Volleyball</b> 6-7:30pm (2)		
<b>PROGRAMMING</b>	<b>Swim Team</b> 4-6pm (2-6)	<b>Swim Team</b> 4-6pm (2-6)	<b>Swim Team</b> 4-6pm (6)	<b>Swim Team</b> 4-6pm (2-6)		<b>Swim Lessons</b> 8:15-11am (4)	<b>Swim Lessons</b> 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
- Aquatics staff participate in monthly trainings, during which time the pool will be closed. These closures will be noted on the pool schedule
- After using the sauna, steam room or hot tub please shower off BEFORE entering the pool, and 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 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 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
- 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.