# Winona Family YMCA
# POOL SCHEDULE
## Aug 30- Sept 6

**Facility Hours**
Monday-Friday 5am-8pm
Saturday 6am-2pm
Sunday Closed

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

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| **LAP SWIM**<br>Children 8-13 must have passed the swim test and be swimming basic strokes continuously.<br>13+ must swim continuous strokes | 5-8am (3)<br>8-8:50am (1)<br>8:50am-1pm (3)<br>1-1:50pm (1)<br>1:50-6pm (3)<br>6-7:30pm (1) | 5-8am (3)<br>8-8:50am (1)<br>8:50am-6pm (3)<br>6-7:30pm (2) | 5-8am (3)<br>8-8:50am (1)<br>8:50am-1pm (3)<br>1-1:50pm (1)<br>1:50-730pm (3) | 5-8am (3)<br>8-8:50am (1)<br>8:50am-6pm (3)<br>6-7:30pm (2) | 5-8am (3)<br>8-8:50am (1)<br>8:50am-1pm (3)<br>1-1:50pm (1)<br>1:50-6pm (3)<br>6-7:30pm (1) | 6am-1:00pm (2/3)<br>1-1:45pm (1/2)<br><br>Staff Training<br>1-4pm (1) | **CLOSED** |
| **OPEN SWIM** | 5-8am (2)<br>8:50am-1pm (2)<br>1:50-7:30pm (2) | 8:50am-6pm (2)<br>6:50-7:30pm (2) | 5am-8am (2)<br>8:50am-1pm (2)<br>1:50-7:30pm (2) | 8:50am-6pm (2)<br>6:50-7:30pm (2) | 5am-8am (2)<br>8:50am-1:00pm (2))<br>1:50-7:30pm (2) | 6am-1:45pm | **CLOSED** |
| **WATER FITNESS & WATER VOLLEYBALL** | **Aqua Fit**<br>8-8:50am (3/4)<br>1-1:50pm (3/4)<br><br>**Water Volleyball**<br>6-7:30pm (2) | **Aqua Fit**<br>8-8:50am (3/4)<br>6-6:50pm (2) | **Aqua Fit**<br>8-8:50am (3/4)<br>1-1:50pm (3/4) | **Aqua Fit**<br>8-8:50am (3/4)<br>6-6:50pm (2) | **Aqua Fit**<br>8-8:50am (3/4)<br>1-1:50pm (3/4)<br><br>**Water Volleyball**<br>6-7:30pm (2) | | |
| **PROGRAMMING & RENTALS** | | | | | | | |

**Number of lanes reserved for each activity are listed in parantheses.**
**Lap lanes may be used for Private Swim Lessons at any time.**
**Pool will be closed for monthly staff trainings to help keep you safe. These closures will be noted on the pool schedule.**
**To be notified of unexpected closures & cancellations, subscribe to our NewsBlasts!**

# Winona Family YMCA
# POOL SCHEDULE
## Sept 7- Sept 13

**Facility Hours**
Monday-Friday 5am-8pm
Saturday 6am-2pm
Sunday Closed
The pool area closes 30 minutes before the facility unless otherwise noted.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| **LAP SWIM**<br>Children 8-13 must have passed the swim test and be swimming basic strokes continuously.<br>13+ must swim continuous strokes | **CLOSED for Holiday** | 5-8am (3)<br>8-8:50am (1)<br>8:50am-6pm (3)<br>6-7:30pm (2) | 5-8am (3)<br>8-8:50am (1)<br>8:50am-1pm (3)<br>1-1:50pm (1)<br>1:50-730pm (3) | 5-8am (3)<br>8-8:50am (1)<br>8:50am-6pm (3)<br>6-7:30pm (2) | 5-8am (3)<br>8-8:50am (1)<br>8:50am-1pm (3)<br>1-1:50pm (1)<br>1:50-6pm (3)<br>6-7:30pm (1) | 6am-8:15am (2/3)<br>8:15am-11:00 (1)<br>11:00am-4pm (2/3) | 10:00am-1pm (2/3)<br>1pm-3:45pm (1) |
| **OPEN SWIM** | **CLOSED for Holiday** | 8:50am-6pm (2)<br>6:50-7:30pm (2) | 5am-8am (2)<br>8:50am-1pm (2)<br>1:50-7:30pm (2) | 8:50am-6pm (2)<br>6:50-7:30pm (2) | 5am-8am (2)<br>8:50am-1:00pm (2))<br>1:50-7:30pm (2) | 11:00am-4pm (2) | 10:00am-1pm (2) |
| **WATER FITNESS & WATER VOLLEYBALL** | **CLOSED for Holiday** | **Aqua Fit**<br>8-8:50am (3/4)<br>6-6:50pm (2) | **Aqua Fit**<br>8-8:50am (3/4)<br>1-1:50pm (3/4)<br><br>Zumba<br>6-6:50pm | **Aqua Fit**<br>8-8:50am (3/4)<br>6-6:50pm (2) | **Aqua Fit**<br>8-8:50am (3/4)<br>1-1:50pm (3/4)<br><br>**Water Volleyball**<br>6-7:30pm (2) | | |
| **PROGRAMMING & RENTALS** | | | | | | Swim Lessons<br>8:15am-11:00am | Swim Lessons<br>1:15pm-3:45pm |

**Number of lanes reserved for each activity are listed in parantheses.**
**Lap lanes may be used for Private Swim Lessons at any time.**
**Pool will be closed for monthly staff trainings to help keep you safe. These closures will be noted on the pool schedule.**
**To be notified of unexpected closures & cancellations, subscribe to our NewsBlasts!**

# POOL INFORMATION

## 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**

- 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, Summer Care and Camp use Open Swim lanes. These will be noted on the schedule
- 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.