



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

Downtown Family YMCA

Effective September 25

(subject to change at any time)

For information on these activities, please consult the YMCA Program Guide, or visit our Member Service Center.

Open Swim

Sunday	1:00-4:30 pm	3 lanes
Monday	1:00-5:00 pm	3 lanes
Tuesday	1:00-5:00 pm	3 lanes
Wednesday	1:00-5:00 pm	3 lanes
Thursday	1:00-5:00 pm	3 lanes
Friday	1:00-8:30 pm	3 lanes
Saturday	1:30-4:00 pm	3 lanes

Water Aerobics Classes

Check the water Aerobic flyer for class information

Monday	7:00-7:45am 11:00-11:45am 5:00-6:00pm 6:30-7:30pm	3 lanes 3 lanes 2 lanes 2 lanes
Tuesday	5:00-6:00pm	2 lanes
Wednesday	7:00-7:45am 11:00-11:45am 5:00-6:00pm 6:30-7:30pm	3 lanes 3 lanes 2 lanes 2 lanes
Thursday	5:00-6:00pm	2 lanes
Friday	7:00-7:45am 11:00-11:45 am	3 lanes 3 lanes

Swim Team

Wednesday	5:30-7:00 pm	3 lanes
Saturday	11:30am-1:30 pm	3 lanes

Lap Pool

Sunday	10:00-1:00pm 1:00-4:30 pm	6 lanes 3 lane
Monday	5:00-7:00 am 7:00-11:00am 11:00-12:00 pm 12:00 -5:00 pm 5:00 -7:30pm 7:30-8-30pm	6 lanes 3 lanes 2 lane 3 lanes 3 lanes 6 lanes
Tuesday	5:00-8:30 am 8:30-11:15 am 11:30 -1:00pm 1:00-5:00 pm 5:00-6:00pm	6 lanes 3 lanes 6 lane 3 lanes 3 lanes
Wednesday	5:00-7:00 am 7:00-11:00am 11:00-12:00 pm 12:00 -5:00 pm 5:00 -5:30pm 5:30-7:00 7:30-8-30pm	6 lanes 3 lanes 2 lane 3 lanes 3 lanes 1 lane 6 lanes
Thursday	5:00-8:30 am 8:30-11:15 am 11:30 -1:00pm 1:00-5:00 pm 5:00-6:00pm	6 lanes 3 lanes 6 lane 3 lanes 3 lanes
Friday	5:00-7:00 am 7:00-8:00 am 8:00 -11:00 am 11:00-12:00 pm 12:00-8:30 pm	6 lane 3 lanes 6 lanes 2 lanes 3 lanes
Saturday	6:00-8:30am 11:00-1:30 pm 1:30-4:00 pm	6 lanes 2 lanes 3 lanes



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POOL SCHEDULE

DOWNTOWN YMCA

Monday – Friday

5:00am-8:30pm

Saturday

6:00a.m. – 4:00 p.m.

Sunday

10:00 a.m. – 4:30 p.m.

The pool may be closed for 10 minutes to allow the guard a break every 2 hours.

Lap Swim

During Lap Swim times and water walking times there will be a lane line dividing the pool into equal halves.

Swimmers age 17 and under must first take a deep water swim test. The pool must be cleared to take the test.

Lap Swimmers are welcome to use pull buoys, kickboards and water weights.

You may need to circle swim in there are many swimmers.

Family Swim Rules

Families must be in the pool together during Family Swim.

Children under the age of 8 years old must have an adult (18+) in the pool water with them.

Appropriate swim wear must be worn in the pool. Clothing is not allowed in the pool.

Anyone age 17 and younger must take a deep water swim test to swim in the deep end during open swim. After passing the test a bracelet must be worn while swimming and returned after swimming. Swim tests may only be taken during rest breaks and right when open swim starts.

Only Coast Guard approved flotation devices are allowed (life jackets). No water wings, inner tubes, or swim suits with flotation devices inside of them. Flotation devices are only to be used in the shallow water. Adults need to be in arms length of child using lifejacket if being used to assist swimming.

Noodles, lifejackets and balls may be used in the shallow water only. Diving rings may be used in the deep water.

Open Swim Rules

Children under the age of 8 years old must have an adult (18+) in the pool water with them.

Appropriate swim wear must be worn in the pool. Clothing is not allowed in the pool.

Anyone age 17 and younger must take a deep water swim test to swim in the deep end during open swim. After passing the test a bracelet must be worn while swimming and returned after swimming. Swim tests may only be taken during rest breaks and right when open swim starts.

During open swim, the lifeguard may call a rest break every hour, if applicable.

Only Coast Guard approved life jackets are allowed. No water wings, inner tubes, or swim suits with flotation devices inside of them. Flotation devices are only to be used in the shallow water. Adults need to be in arms length of child using lifejacket if being used to assist swimming.

Noodles, lifejackets and balls may be used in the shallow water only. Diving rings may be used in the deep water.

Water Aerobics

Members may drop in. Please see the Water Aerobics flyer for classes and descriptions. Non-members must register. Ages 17 and under, must take a deep water swim test to participate in the deep water.

Swim Lessons and Swim Team

Must pre-register for these programs, please see flyers.