

POOL SCHEDULE
Winter 1



POOL SCHEDULE - Winter 1

YMCA OF THE NORTHWOODS: January 7th - February 24th

Begins January 7th
Ends February 24th

Updated 11/20/2018

Multiple activities are often scheduled in this pool at the same time.

Swimming Tips

Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the swimmer's attention that you are there. Please get kickboards, pull buoys, and etc before entering the pool.

Directions

If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a 3rd person changes the lane to "circle" swimming format.

Speed

Please choose a lane with swimmers that closely match your speed.

Mushroom & Waterside

Fridays:
5:30-7:30PM

Saturdays:
11:00AM-4:30PM

Sundays:
11:00AM-1:15PM

Swim Club

Mon, Wed 3:30-5:15PM
Ends Jan. 30th

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Open Swim	Lap Swim	Open Swim	Lap Swim	Open Swim	Lap Swim	Open Swim	Lap Swim	Open Swim	Lap Swim	Open Swim	Lap Swim	Open Swim	Lap Swim
5:00AM Open Swim	5:00AM Lap Swim Lanes (3-4)	5:00AM Open Swim	5:00AM Lap Swim Lanes (3-4)	5:00AM Open Swim	5:00AM Lap Swim	5:00AM Open Swim	5:00AM Lap Swim Lanes (3-4)	5:00AM Open Swim	5:00AM Lap Swim Lanes (3-4)	5:00AM Open Swim	5:00AM Lap Swim Lanes (3-4)	7:15AM Open Swim	7:15AM Lap Swim Lanes (3-4)
		7:45AM	7:45AM	7:00AM Water Exercise	7:00AM Lap Swim Lanes (2)	7:45AM	7:45AM	7:45AM	7:45AM	8:00AM	8:00AM	9:30AM	9:15AM Lap Swim Lanes (3-4)
8:00AM	8:00AM	7:45AM	7:45AM			7:45AM	7:45AM	8:00AM	8:00AM	9:30AM	9:30AM		
8:00AM Water Exercise	8:00AM Lap Swim Lanes (2-3)	Water Exercise	Lap Swim Lanes (2-3)			Water Exercise	Lap Swim Lanes (2-3)	8:00AM Water Exercise	8:00AM Lap Swim Lanes (2-3)	9:30AM	9:30AM	Swim Lessons	
10:00AM	10:00AM	9:00AM	9:00AM	10:00AM	10:00AM	9:00AM	9:00AM	10:00AM	10:00AM	10:00AM	10:00AM		
10:00AM	10:00AM	Ascension CLOSED	Ascension CLOSED	10:00AM	10:00AM	Ascension CLOSED	Ascension CLOSED	10:00AM	10:00AM	10:00AM	10:00AM		
10:00AM Swim Lessons	10:00AM Lap Swim Lanes (2-3)			10:00AM Swim Lessons	10:00AM Lap Swim Lanes (3-4)			10:00AM Headwaters Swim	10:00AM Lap Swim Lanes (3-4)	10:00AM	10:00AM		
11:00AM	11:00AM	11:00AM	11:00AM	10:30AM	10:30AM	11:00AM	11:00AM	11:00AM	11:00AM	11:00AM	11:00AM	10:50AM	10:50AM
11:00AM	11:00AM	11:05AM	11:05AM	11:00AM	11:00AM	11:00AM	11:00AM	11:00AM	11:00AM	11:00AM	11:00AM	Open Swim	
11:00AM Water Exercise	11:00AM Lap Swim Lanes (2-3)	Homeschool Swim Lessons	Lap Swim Lanes (3-4)	11:00AM Water Exercise	11:00AM Lap Swim Lanes (2-3)	11:00AM Open Swim	11:00AM Lap Swim Lanes (3-4)	11:00AM Water Exercise	11:00AM Lap Swim Lanes (2-3)	11:00AM	11:00AM		
12:00PM	12:00PM	12:30PM	12:30PM	12:00PM	12:00PM			12:00PM	12:00PM	12:00PM	12:00PM		
12:00PM Open Swim	12:00PM Lap Swim Lanes (3-4)	12:30PM	12:30PM	12:00PM Open Swim	12:00PM Lap Swim Lanes (3-4)			12:00PM Open Swim	12:00PM Lap Swim Lanes (3-4)	12:00PM	12:00PM		
1:00PM	1:00PM	12:30PM	12:30PM	1:00PM	1:00PM								
1:00PM	1:00PM	Three Lakes Swim Lessons	Lap Swim Lanes (2-3)	1:00PM	1:00PM								
Ascension CLOSED	Ascension CLOSED	2:15PM	2:15PM	Ascension CLOSED	Ascension CLOSED								
2:30PM	2:30PM	2:15PM	2:15PM	2:30PM	2:30PM								
2:30PM Open Swim	2:30PM Lap Swim Lanes (3-4)	Open Swim	Lap Swim Lanes (3-4)	2:30PM Open Swim	2:30PM Lap Swim Lanes (3-4)								
3:30PM	3:30PM	3:30PM	3:30PM	3:30PM	3:30PM	3:30PM	3:30PM						
3:30PM	3:00	3:30PM	3:30PM	3:30PM	3:30PM	3:30PM	3:30PM						
Swim Club Lanes (3)	3:30PM Lanes (2)	3:30PM	3:30PM	3:30PM	3:30PM	3:30PM	3:30PM			4:00PM	4:00PM		
5:15PM	5:15PM	Swim Lessons	Lessons	5:15PM	5:15PM	5:15PM	5:15PM			4:00PM	4:00PM		
5:15PM	5:15PM			5:15PM	5:15PM	5:15PM	5:15PM			Afterschool Swim	Afterschool Swim		
Water Exercise	Lanes (2-3)			Water Exercise	Lanes (2-3)	Water Exercise	Lanes (2-3)			5:00PM	5:00PM		
6:15PM	6:15PM	6:30PM	6:30PM	6:15PM	6:15PM	6:30PM	6:30PM	6:30PM	6:30PM	5:00PM	5:00PM		
6:15PM	6:15PM	Open Swim	Lap Swim Lanes (3-4)	6:15PM	6:15PM	6:30PM	6:30PM	6:30PM	6:30PM	Open Swim	Open Swim		
Swim Lessons	Lap Swim Lanes (2)	Water Exercise	Lap Swim Lanes (2-3)	Open Swim	Lap Swim Lanes (3-4)	Water Exercise	Lap Swim Lanes (2-3)	Water Exercise	Lap Swim Lanes (2-3)				
7:15PM	7:15PM	7:15PM	7:15PM	7:15PM	7:15PM	7:15PM	7:15PM	7:15PM	7:15PM				
7:15PM	7:15PM	Open Swim	Lap Swim Lanes (3-4)	7:15PM	7:15PM	7:15PM	7:15PM	7:15PM	7:15PM				
7:15PM	7:15PM			7:15PM	7:15PM	7:15PM	7:15PM	7:15PM	7:15PM				
Open Swim	Lanes (3-4)			Open Swim	Lap Swim Lanes (3-4)	Open Swim	Lap Swim Lanes (3-4)	Open Swim	Lap Swim Lanes (3-4)				
8:30PM	8:30PM	8:30PM	8:30PM	8:30PM	8:30PM	8:30PM	8:30PM	8:30PM	8:30PM	7:30PM	7:30PM		

HOT TUB
is closed every
Monday for
cleaning.
12:30 PM-Close

School's Out Day Swim
January 18th 12-1:30PM
February 22nd 12-1:30PM

YMCA OF THE NORTHWOODS
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www.ymcaofthenorthwoods.org



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

“Come On In! The Water’s Fine!”

YMCA of the Northwoods Pool Guidelines

****Shower required before entering pool****

Family Pool

Average Water Temperature: 82.5 degrees F
Pool Length: 25 yards; 66 lengths = 1 mile
Pool Depth in Lap Lane Area: 3 ½ to 5 feet (NO Diving!)
Depth in Mushroom Area: 2 to 3 ½ feet
A lifeguard is always on duty for your safety.

Whirlpool

Average Water Temperature: 102 degrees F
Adults age 18 and older may use the Hot Tub.
Underage use of the whirlpool is prohibited.

Open Swim

Balls, water toys, noodles and lifejackets are available for all ages for water fun! Goggles are not available for open swim. You may purchase them from the Y Pro-Shop.

Lap Swimming

Up to 4 lap lanes may be open, but please be courteous and share a lane as necessary. When there are 3 or more swimmers per lane, circle swimming is required. Water walking is not permitted in lap lanes.

Water Exercise

Exercise your entire body without straining your back or joints. These classes improve cardiovascular fitness, muscular strength, endurance and flexibility. We also have water dumbbells, barbells, noodles and flotation belts that are available for exercise use during open swim time. See back of water exercise schedule for more information about classes!

Waterslide

Rider must be 48” tall and a good swimmer. No lifejackets or goggles allowed on the slide. Absolutely, NO double riding down the waterslide. Max load 250 pounds. The waterslide is open at various times on weekends.

Ascension Rehabilitation

The pool is CLOSED Monday & Wednesday from 1:00 PM-2:30 PM and Tuesday & Thursday from 9:00 AM-11:00 AM. There is NO Open Swim, Lap Swim or whirlpool use during these times.

After School Swim

This time is reserved for YMCA After School swim. There is NO open swim at this time and limited lap lanes.



Pool Age Policy

Ages 5 and under (and non-swimmers) must have an adult *within arm's reach and actively engaging* with them at all times.
Ages 6 and 7 require a parent in the pool.
Ages 8 and 9 may be unattended for up to 2 hours with a parent at the Y - *swim test is required prior to swimming.*
Ages 10 and 11 may be unattended for up to 2 hours, parent does not need to be at the Y - *swim test is required.*
Ages 12 and up adult rules apply.