

**POOL SCHEDULE**

**Spring**

Begins April 15th

Ends June 2nd

Updated 3/15/2019



# POOL SCHEDULE - Spring

YMCA OF THE NORTHWOODS: April 15th - June 2nd

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

**Swimming Tips**

When entering an occupied lane, please get the swimmer's attention before entering.

**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

**Y Zone**

May 17th

**SAW presented by United Way**

The Y runs multiple field trips and Safety Around the Water programs on Thursdays & Fridays throughout the spring session. To see these dates/times visit our website.

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	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)
8:00AM	8:00AM	7:45AM	7:45AM	7:00AM	7:00AM	6:00AM	6:00AM	6:00AM	6:00AM	8:00AM	8:00AM	9:30AM	
8:00AM Water Exercise	8:00AM Lap Swim Lanes (2-3)	7:45AM Water Exercise	7:45AM Lap Swim Lanes (2-3)	7:00AM Water Exercise	7:00AM Lap Swim Lanes (2)	6:00AM Water Exercise	6:00AM Lap Swim Lanes (2)	8:45AM	8:45AM	8:00AM Water Exercise	8:00AM Lap Swim Lanes (2-3)	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 Swim Lessons	10:00AM Lap Swim Lanes (2-3)	<b>Ascension CLOSED</b>	<b>Ascension CLOSED</b>	10:00AM Swim Lessons	10:00AM Lap Swim Lanes (3-4)	<b>Ascension CLOSED</b>	<b>Ascension CLOSED</b>	10:00AM Headwaters Swim	10:00AM Lap Swim Lanes (3-4)	10:00AM Headwaters Swim	10:00AM Lap Swim Lanes (3-4)	10:50AM	
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	
11:00AM Water Exercise	11:00AM Lap Swim Lanes (2-3)	11:05AM Homeschool/ Preschool Swim Lessons	11:05AM Lap Swim Lanes (2-3)	11:00AM Water Exercise	11:00AM Lap Swim Lanes (2-3)	11:00AM Open Swim	11:00AM Lap Swim Lanes (3-4)	11:00AM Open Swim	11:00AM Lap Swim Lanes (3-4)	11:00AM Water Exercise	11:00AM Lap Swim Lanes (2-3)	Open Swim	
12:00PM	12:00PM	12:30PM	12:30PM	12:00PM	12:00PM	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 Open Swim	12:30PM Lap Swim Lanes (3-4)	12:00PM Open Swim	12:00PM Lap Swim Lanes (3-4)	12:00PM Open Swim	12:00PM Lap Swim Lanes (3-4)	12:00PM Open Swim	12:00PM Lap Swim Lanes (3-4)	12:00PM Open Swim	12:00PM Lap Swim Lanes (3-4)		
1:00PM	1:00PM			1:00PM	1:00PM	1:00PM	1:00PM						
1:00PM <b>Ascension CLOSED</b>	1:00PM <b>Ascension CLOSED</b>			1:00PM <b>Ascension CLOSED</b>	1:00PM <b>Ascension CLOSED</b>	1:00PM <b>Ascension CLOSED</b>	1:00PM <b>Ascension CLOSED</b>						
2:30PM	2:30PM			2:30PM	2:30PM	2:30PM	2:30PM					2:00PM	2:00PM
2:30PM Open Swim	2:30PM Lap Swim Lanes (3-4)			2:30PM Open Swim	2:30PM Lap Swim Lanes (3-4)	2:30PM Open Swim	2:30PM Lap Swim Lanes (3-4)					2:00PM Family Zone	2:00PM Lap Swim Lanes (2-3)
4:00PM	4:00PM	3:30PM	3:30PM			3:30PM	3:30PM	3:30PM	3:30PM	4:00PM	4:00PM	4:30PM	4:30PM
4:00PM Swim Lessons	4:00PM Lap Swim Lanes (2)	3:30PM Swim Lessons	3:30PM Lap Swim Lanes (2)			3:30PM Swim Lessons	3:30PM Lap Swim Lanes (2)	3:30PM Swim Lessons	3:30PM Lap Swim Lanes (2)	4:00PM Afterschool Swim	4:00PM Lap Swim Lanes (2-3)	4:30PM	4:30PM
5:00PM	5:00PM			5:00PM	5:00PM	5:00PM	5:00PM	5:00PM	5:00PM	5:00PM	5:00PM		
5:00PM Water Exercise	5:00PM Lap Swim Lanes (2-3)			5:00PM Water Exercise	5:00PM Lap Swim Lanes (2-3)	5:00PM Water Exercise	5:00PM Lap Swim Lanes (2-3)	5:00PM Open Swim	5:00PM Lap Swim Lanes (3-4)	5:00PM Open Swim	5:00PM Lap Swim Lanes (3-4)		
6:00PM	6:00PM	6:30PM	6:30PM	6:00PM	6:00PM	6:00PM	6:00PM	6:30PM	6:30PM	6:30PM	6:30PM		
6:00PM Open Swim	6:00PM Lap Swim Lanes (3-4)	6:30PM Water Exercise	6:30PM Lap Swim Lanes (2-3)	6:00PM Open Swim	6:00PM Lap Swim Lanes (3-4)	6:00PM Open Swim	6:00PM Lap Swim Lanes (3-4)	6:30PM Water Exercise	6:30PM Lap Swim Lanes (2-3)	6:30PM Water Exercise	6:30PM Lap Swim Lanes (2-3)		
		7:15PM	7:15PM					7:15PM	7:15PM	7:15PM	7:15PM		
		7:15PM Open Swim	7:15PM Lap Swim Lanes (3-4)					7:15PM Open Swim	7:15PM Lap Swim Lanes (3-4)	7:15PM Open Swim	7:15PM 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				

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

**School's Out Day Swim**  
April 19th 12-1:30pm

**YMCA OF THE NORTHWOODS**  
2003 Winnebago St East Rhinelander, WI  
P 715 362 9622 F 715 362 9623  
www.ymcaofthenorthwoods.org

**Pirates in the Pool**  
Friday, May 3rd  
5:30-7:30PM  
NO LAP SWIM

7:30PM 7:30PM



FOR YOUTH DEVELOPMENT<sup>®</sup>  
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.