


YMCA of the Northwoods Pool Schedule

January 5, 2008 - June 1, 2008

*** Schedule may change due to class cancellations, school's out days, holidays, and/or special events. ***

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	6:00-8:00 Water Walking	6:00 AM Lap Swim	6:00-8:00 Water Walking	6:00 AM Lap Swim	6:00-8:00 Water Walking	6:00 AM Lap Swim	
	8:00-10:00 Water Fitness		8:00-9:00 Water Fitness	9:00 No Lap Swim	8:00-10:00 Water Fitness	9:00 No Lap Swim	6:00-9:00 Water Walking
12:00-4:30 Open Swim	10:00-11:00 Swim Lessons	11:00 1:00 Open Swim	10:00-11:00 Swim Lessons	11:00 Lap Swim	9:00-11:00 Ministry	9:00-10:00 Water Fitness	7:00-9:30 Water Walking
	11:00-12:00 Water Fitness		11:00-12:00 Water Fitness		11:00-12:00 Water Fitness		
1:30-3:30 Waterslide	12:00-1:00 Open Swim	No Lap Swim	12:00-1:00 Open Swim	1:00 No Lap Swim	12:00-1:00 Open Swim	1:00 No Lap Swim	9:30-11:00 Swim Lessons
Lap Swim	1:00-2:30 Ministry		1:00-2:30 Ministry		1:00-2:30 Ministry		
	4:30 PM	2:15-3:00 Water Fitness	2:15 No Lap Swim	2:15-3:00 Water Fitness	2:15 No Lap Swim	2:15-3:00 Water Fitness	2:15 No Lap Swim
3:00-3:30 Open Swim		3:00-3:30 Open Swim		3:00-3:30 Open Swim		3:00-3:30 Open Swim	
Lap Swim	3:30-4:30 Open Swim	3:30 Lap Swim	3:30-4:30 Open Swim	3:30 Lap Swim	3:30-6:00 Swim Lessons	3:30 Lap Swim	3:30-4:30 Private Rentals/Parties
	4:30-6:35 Water Fitness		4:30-6:35 Swim Lessons		4:30-6:35 Water Fitness		
Lap Swim	6:00-8:30 Open Swim	8:30 PM Lap Swim	6:00-8:30 Open Swim	8:30 PM Lap Swim	6:00-8:30 Open Swim	8:30 PM Lap Swim	5:30-7:30 Water Slide
	6:35-8:30 Open Swim		6:35-8:30 Open Swim		6:35-8:30 Open Swim		

The Whirlpool is open during lap swim times, it is not available during Ministry time.
The Sauna is open during normal pool hours.

Lap swim availability during classes depends on class sizes and space requirements. Please be respectful during classes, stay in designated lanes and be caring by sharing lanes whenever necessary. Thank You.

For your safety, the pool will be closed during severe weather/lightning.

YMCA Pool Rules and Expectations



Help us keep our pool area safe and clean:

Be Caring:

- Make-up, hair spray, and lotions make you pretty but dirty the pool and water, please shower before and after using the pool.
- Help keep the deck clean, remove street shoes before entering pool area.
- Do not bring food, gum, beverages, glass, or other breakable items into the pool area. Water bottles are OK.
- Do not swim with communicable diseases or open wounds.
- State Health Codes require swim diapers for all young swimmers.

Be Responsible:

- Always walk, the deck can get slippery.
- No dunking, pushing, throwing, chicken fights or other potentially dangerous rough play allowed.
- Non-swimmers should stay in the shallow end unless they are with a responsible adult.
- Lifeguards have to watch all swimmers not just younger swimmers. Children under 10 should be under adult supervision in the pool area, children under 5 should have an adult within arms reach for immediate assistance at all times.
- Feet first jumping is allowed from the 5 ft deep end only, no flips, twists, or dives.
- All swimmers should wear appropriate swim suits, no cut-offs or street clothes.
- Leave personal toys and flotation devices at home, we provide appropriate toys and flotation devices.
- Put away all equipment or toys used.

Be Respectful:

- Follow the pool schedule and enter during designated times.
- Share lap lanes if necessary.
- Stay in designated lanes when lap swimming during class times.
- Lap lanes should be used for lap swimming, no playing.
- Toys and equipment should be used properly.
- Keep conversations to appropriate levels and topics.

Be Honest

- Lap swims are for adults and kids swimming laps or doing their own exercise program as long as it does not interfere with classes.
- Open swims are open to any activities, including jumping and playing and may be very noisy, this is the appropriate time to bring in children to play.

