

POOL SCHEDULE
Winter 1

Updated 12/3/2020



POOL SCHEDULE – Winter 1

YMCA OF THE NORTHWOODS

**SHOWER WITH
SOAP & WATER
PRIOR TO ENTERING
POOL**

MASK REQUIRED

**3 PEOPLE PER LAP
LANE (must reside in
same household)**

**RESERVATIONS
REQUIRED FOR LAP
SWIM, WHIRLPOOL
AND WATER
WALKING**

WATER WALKING

Available in Slide Well.

2 Member maximum.

Must maintain Social

Distancing at all times.

**SAUNA AND
WATERSLIDE
CURRENTLY CLOSED**

**Whirlpool available
by reservation only.
Max 2 people per
reservation.**

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Well	Lap Swim	Well	Lap Swim	Well	Lap Swim	Well	Lap Swim	Well	Lap Swim	Well	Lap Swim
6:05AM Water Walking	6:05AM Lap Swim Lanes (5)	6:05AM Water Walking	6:05AM Lap Swim Lanes (5)	6:05AM Water Walking	6:05AM Lap Swim Lanes (5)	6:05AM Water Walking	6:05AM Lap Swim Lanes (5)	6:05AM Water Walking	6:05AM Lap Swim Lanes (5)	8:05AM Water Walking	8:05AM Lap Swim Lanes (5)
		7:55AM	7:55AM			7:55AM	7:55AM				
9:15AM	9:15AM	8:00AM Ascension CLOSED	8:00AM Ascension CLOSED	9:15AM	9:15AM	8:00AM Ascension CLOSED	8:00AM Ascension CLOSED	9:15AM	9:15AM		
9:20AM CLOSED	9:20AM Water Exercise	10:00AM	10:00AM	9:20AM CLOSED	9:20AM Water Exercise	10:00AM	10:00AM	9:20AM CLOSED	9:20AM Water Exercise		
10:20AM	10:20AM	10:05AM Water Walking	10:05AM Lap Swim Lanes (5)	10:20AM	10:20AM	10:05AM Water Walking	10:05AM Lap Swim Lanes (5)	10:20AM	10:20AM		
10:30AM Water Walking	10:30AM Lap Swim Lanes (5)			10:30AM Swim Lessons	10:30AM Swim Lessons Lanes 4 & 5 Lap Swim Lanes 1-3			10:30AM Water Walking	10:30AM Lap Swim Lanes (5)	11:30AM	11:30AM
12:55PM	12:55PM			12:55PM	12:55PM						
1:00PM Ascension CLOSED	1:00PM Ascension CLOSED			1:00PM Ascension CLOSED	1:00PM Ascension CLOSED						
2:30PM	2:30PM			2:30PM	2:30PM						
2:35PM Water Walking	2:35PM Lap Swim Lanes (5)			2:35PM Water Walking	2:35PM Lap Swim Lanes (5)						
3:50PM	3:50PM			3:50PM	3:50PM						
4:00PM CLOSED	4:00PM CLOSED SWIM CLUB			4:00PM CLOSED	4:00PM CLOSED SWIM CLUB						
		5:30PM	5:30PM	5:00PM	5:00PM						
		5:35PM	5:35PM	5:15PM Water Walking	5:15PM Lap Swim Lanes (5)	5:30PM	5:30PM				
6:15PM	6:15PM	CLOSED	CLOSED			5:35PM	5:35PM				
6:30PM Water Walking	6:30PM Lap Swim Lanes (5)	6:35PM	6:35PM			6:35PM	6:35PM				
		6:45PM	6:45PM			6:45PM	6:45PM				
		Water Walking	Lap Swim Lanes (5)			CLOSED	CLOSED SWIM CLUB				
7:30PM	7:30PM	7:30PM	7:30PM	7:30PM	7:30PM	7:45PM	7:45PM	7:30PM	7:30PM		



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/whirlpool****

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.
Reservations required, 2 person max per 15 minutes.

Open Swim

Family Swim is held in the Mushroom Area.
Reservations required. One household per reservation. Reservations are 1 hour.

Lap Swimming

5 lanes open during Lap Swim. Reservations required. Max 3 people per lane, must be from same household. Lap Swimming is unavailable during Rehab, Water Exercise, Swim Club and Field Trips.

Water Exercise

Reservations required. Max 16 participants per class. There is NO open swim, lap swim or whirlpool use during Water Exercise. See Group Fitness Schedule for more information about classes.

Waterslide

Currently unavailable.

Ascension Rehabilitation

The pool is CLOSED Monday & Wednesday from 1:00PM–2:30PM and Tuesday & Thursday from 8:00AM–10:00AM. There is NO Open Swim, Lap Swim or whirlpool use during these times.

Swim Club

Lap Swim, Water Walking, Family Swim and the Whirlpool will not be available during Swim Club.



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.