

Updated 3/19/2021



POOL SCHEDULE - Spring

YMCA OF THE NORTHWOODS

Effective 4/12/2021

**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								
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 CLOSED	10:05AM Lap Swim Lanes (5)	10:20AM	10:20AM		
10:30AM Swim Lessons 11:40AM	10:30AM Lap Swim Lanes (5) 12:55PM	3:25PM 3:30PM CLOSED Swim Lessons Lane 5 5:30PM 5:35PM CLOSED	3:30PM Lap Swim Lanes 1-4 Swim Lessons Lane 5 5:30PM 5:35PM CLOSED	10:30AM Swim Lessons 11:40AM	10:30AM Swim Lessons Lanes 4 & 5 Lap Swim Lanes 1-3	11:05AM Swim Lessons 11:05AM	11:05AM Lap Swim Lanes (5)	10:30AM CLOSED RSD SE	10:30AM Lap Swim Lanes (1-3) RSD 4 & 5	11:30AM	11:30AM
11:45AM Water Walking				11:45AM Water Walking		11:10AM Water Walking		11:40AM RSD SE	11:40AM RSD 4 & 5		
12:55PM	12:55PM			12:55PM	12:55PM	11:45AM Water Walking	11:45AM Lap Swim Lanes (5)				
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 (5)	3:25PM	3:25PM	2:35PM Water Walking	2:35PM Lap Swim	3:25PM	3:25PM				
3:45PM	3:45PM	3:30PM	3:30PM	3:45PM	3:45PM	3:30PM	3:30PM				
3:50PM CLOSED Swim Lessons	3:50PM Lap Swim Lanes 1-4 Swim Lessons Lane 5	CLOSED Swim Lessons	Lap Swim Lanes 1-4 Swim Lessons Lane 5	3:50PM CLOSED Swim Lessons	3:50PM Lap Swim Lanes 1-3 Swim Lessons Lanes 4 & 5	CLOSED Swim Lessons	Lap Swim Lanes 1-4 Swim Lessons Lane 5				
		5:30PM	5:30PM			5:30PM	5:30PM				
6:15PM	6:15PM	5:35PM CLOSED	5:35PM Water Exercise	6:15PM	6:15PM	5:35PM CLOSED	5:35PM Water Exercise				
6:20PM Water Walking	6:20PM Lap Swim Lanes (5)	6:35PM	6:35PM	6:20PM Water Walking	6:20PM Lap Swim Lanes (5)	6:35PM	6:35PM				
7:30PM	7:30PM	6:45PM Water Walking	6:45PM Lap Swim Lanes (5)	7:30PM	7:30PM	6:45PM Water Walking	6:45PM Lap Swim Lanes (5)	7:30PM	7:30PM		
		7:30PM	7:30PM			7:30PM	7:30PM	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 Whirlpool. 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 are 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 and Field Trips.

Water Exercise

Reservations required. Max 15 participants per class. There is no Open Swim, Lap Swim or Whirlpool use during Water Exercise. See Group Fitness Schedule for more information.

Waterslide

Currently unavailable.

Ascension Rehabilitation

The pool is CLOSED for Rehab 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.

