POOL SCHEDULE

Updated 5/6/2021

SHOWER WITH SOAP & WATER PRIOR TO ENTERING POOL

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

RESERVATIONS
REQUIRED FOR LAP
SWIM, WATER
WALKING & FAMILY
SWIM

WATER WALKING

Available in Slide Well. 2 Member maximum. <u>Must maintain Social</u> <u>Distancing at all times.</u>

WATERSLIDE CURRENTLY CLOSED

Whirlpool: Max 4 patrons. Sauna: Max 2 patrons.



POOL SCHEDULE - Summer 1

YMCA OF THE NORTHWOODS

Effective 6/7/2021

Mo	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	6:05AM	6:05AM	6:05AM	6:05AM	6:05AM	6:05AM	6:05AM	6:05AM	6:05AM	8:05AM	8:05AM	
Water	Lap Swim	Water	Lap Swim	Water	Lap Swim	Water	Lap Swim	Water	Lap Swim	Water	Lap Swim	
Walking		Walking		Walking		Walking		Walking		Walking		
8:10AM	8:10AM	7:55AM	7:55AM			7:55AM	7:55AM	8:10AM	8:10AM			
	8:15AM		8:00AM			8:00AM		8:15AM				
					9:15AM							
			Ascension		9:20AM		Ascension					
Wate	Water Exercise								Water Exercise			
			10:00AM		Water Exercise		10:00AM					
		10:05AM 10:05AM Swim Lessons Swim Lesoons				10:05AM 10:05AM						
	10:20AM		Swim Lesoons		20AM	Water	Swim Lesoons	10:20AM				
10:30AM	10:30AM	11:05AM	Lanes 4 & 5	10:30AM	10:30AM	Walking	Lanes 4 & 5	10:30AM	10:30AM	44.2044	44.20444	
Water	Lap Swim	11:10AM	Lap Swim	Water	Lap Swim		Lap Swim	Water	Lap Swim	11:30AM	11:30AM	
Walking		Water Walking	Lanes 1-3	Walking			Lanes 1-3	Walking				
		12:10PM	12:10PM			12:10PM	12:10PM					
			15PM				15PM					
12:55PM	12:55PM			12:55PM	12:55PM			12:55PM	12:55PM			
	1:00PM		Camp Swim		1:00PM		Camp Swim		1:00PM			
Cor	Camp Swim		1:15PM				1:15PM		Camp Swim			
Camp Swilli		1:20PM	1:20PM 1:20PM		Ascension		1:20PM 1:20PM		·			
	2:00PM		Lap Swim			Water	Lap Swim	2:00PM				
2:10PM	2:10PM	Walking			0PM	Walking		2:10PM	2:10PM			
Water	Lap Swim			2:35PM	2:35PM			Water	Lap Swim			
Walking				Water Walking	Lap Swim			Walking				
	3:15-5:20pm											
	Swim Lessons		3:30-5:30pm				3:30-5:30pm					
	Lanes 4&5		Swim Lessons		3:50-6:15pm		Swim Lessons					
			Lane 5		Swim Lessons		Lane 5					
					Lanes 4 & 5							
		5:30PM	5:30PM			5:30PM	5:30PM					
		5:35PM				5:35PM						
		Water Exercise				Water Exercise						
		6:35PM				6:35PM						
		6:45PM	6:45PM			6:45PM	6:45PM					
		Water	Lap Swim			Water	Lap Swim					
		Walking				Walking						
7:30PM	7:30PM	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. 4 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.



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.

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, Camp Swim and Field Trips.

Water Exercise

Reservations required. Max 18 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 on Wednesdays from 1:00pm-2:30pm, and Tuesdays & Thursdays from 8:00am-10:00am. There is NO Open Swim, Lap Swim or Whirlpool use during these times.