

POOL SCHEDULE Winter 1

Updated 12/09/21

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

Swimming Tips

Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the swimmer's attention that you are there. Please get kickboards, pull buoys, and etc before entering the pool.

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.

Waterside

Currently Unavailable

Swim Club

Will use lanes 1-3
Mondays & Wednesdays
4:00 - 5:00pm

Three Lakes Swim Lessons

Tuesdays:
12:30PM- 2:15PM

After School Swim

Fridays:
4:00PM - 5:00PM



POOL SCHEDULE - Winter 1

YMCA OF THE NORTHWOODS: January 3 - February 20

Monday		Tuesday		Wednesday		Thursday		Friday	
Open Swim	Lap Swim	Open Swim	Lap Swim	Open Swim	Lap Swim	Open Swim	Lap Swim	Open Swim	Lap Swim
6:00AM Open Swim	6:00AM Lap Swim Lanes (3-4)	6:00AM Open Swim	6:00AM Lap Swim Lanes (3-4)	6:00AM Open Swim	6:00AM Lap Swim Lanes (3-4)	6:00AM Open Swim	6:00AM Lap Swim Lanes (3-4)	6:00AM Open Swim	6:00AM Lap Swim Lanes (3-4)
8:00AM	8:00AM	8:00AM	8:00AM	8:00AM	8:00AM	8:00AM	8:00AM	8:00AM	8:00AM
8:00AM Water Exercise	8:00AM Lap Swim Lanes (1-2)	8:00AM ASPIRUS CLOSED	8:00AM ASPIRUS CLOSED	8:00AM Water Exercise	8:00AM Lap Swim Lanes (1-2)	8:00AM ASPIRUS CLOSED	8:00AM ASPIRUS CLOSED	8:00AM Water Exercise	8:00AM Lap Swim Lanes (1-2)
10:00AM	10:00AM	10:00AM	10:00AM	10:00AM	10:00AM	10:00AM	10:00AM	10:00AM	10:00AM
10:00AM Open Swim	10:00AM Lap Swim Lanes (3-4)	10:00AM Open Swim	10:00AM Lap Swim Lanes (3-4)	10:00AM Open Swim	10:00AM Lap Swim Lanes (3-4)	10:00AM Swim Lessons	10:00AM Lap Swim Lanes (2-3)	10:00AM Open Swim	10:00AM Lap Swim Lanes (3-4)
		11:00AM	11:00AM			11:00AM	11:00AM		
		11:00AM Gentle Water Ex	11:00AM Lap Swim Lanes (1-2)			11:00AM Gentle Water Ex	11:00AM Lap Swim Lanes (1-2)		
		12:00PM	12:00PM			12:00PM	12:00PM		
		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	12:30PM	12:30PM	1:00PM	1:00PM				
1:00PM ASPIRUS CLOSED	1:00PM ASPIRUS CLOSED	12:30PM Three Lakes Swim Lessons	12:30PM Lap Swim Lanes (2-3)	1:00PM ASPIRUS CLOSED	1:00PM ASPIRUS CLOSED				
2:30PM	2:30PM	2:15PM	2:15PM	2:30PM	2:30PM				
2:30PM Open Swim	2:30PM Lap Swim Lanes (3-4)	2:15PM Open Swim	2:15PM Lap Swim Lanes (3-4)	2:30PM Open Swim	2:30PM Lap Swim Lanes (3-4)				
3:45PM	3:45PM	3:30PM	3:30PM	3:25PM	3:25PM	3:30PM	3:30PM		
3:45PM	3:45PM	3:30PM Swim Lessons	3:30PM Lap Swim Lanes (2-3)	3:25PM Swim Lessons	3:25PM Swim Club Ln1-3 Lap Swim Ln 4 Swim Lesson Ln 5	3:30PM Swim Lessons	3:30PM Lap Swim Lanes (2-3)		
3:45PM Swim Lessons	3:45PM Swim Club 4-5 pm Lanes 1-3			4:50PM	4:50PM		Swim Lessons Lane 5	4:00PM	4:00PM
	Lap Swim Lane 4	5:20PM	5:20PM	5:00PM Water Exercise	5:00PM Lap Swim Lanes (1-2)	5:20PM	5:20PM	4:00PM After School Swim	4:00PM Lap Swim Lanes (1-2)
	Swim Lessons Lane 5	5:30PM	5:30PM	6:00PM	6:00PM	5:30PM	5:30PM	5:00PM	5:00PM
		Exercise	Exercise			Water	Water	Open Swim	Open Swim
6:10PM	6:10PM	6:30PM	6:30PM	6:00PM	6:00PM	Exercise	Exercise		
6:15PM	6:15PM	6:30PM	6:30PM	6:00PM Open Swim	6:00PM Lap Swim Lanes (3-4)	6:30PM	6:30PM		
Open Swim	Lap Swim Lanes (3-4)	Open Swim	Lap Swim Lanes (3-4)			Open Swim	Lap Swim Lanes (3-4)		
7:30PM	7:30PM	7:30PM	7:30PM	7:30PM	7:30PM	7:30PM	7:30PM	7:30PM	7:30PM

Saturday

Open Swim	Lap Swim
8:00AM Open Swim	8:00AM Lap Swim Lanes (3-4)
9:00AM	9:00AM
9:00AM Swim Lessons	9:00AM Lap Swim Lanes (2-3)
10:40AM	10:40AM
10:40AM Open Swim	10:40AM Lap Swim Lanes (3-4)
11:30AM	11:30AM

Sunday

Open Swim	Lap Swim
12:30PM Open Swim	12:30PM Lap Swim Lanes (3-4)
3:30PM	3:30PM

School's Out Day Swim
January 14th & 17th
12:00 - 1:00PM

YMCA OF THE NORTHWOODS
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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.

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

Currently unavailable.

Aspirus Rehabilitation

The pool and whirlpool is CLOSED for Aspirus Water Rehabilitation 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.

After School Swim & School’s Out Day Swim

This time is reserved for YMCA After School and School’s Out Participants. There is NO open swim during 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 to 11 may be unattended for up to 2 hours with a parent at the Y - *swim test is required prior to swimming.*

Ages 12 and up adult rules apply.