

POOL SCHEDULE

Updated 5/24/22

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

Swimming Tips

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.

Lap Lanes

(# - #) indicates how many lap lanes are available for lap swim.

Waterslide

No waterslide at this time.

Aspirus Rehab

Open Swim, Lap Swim, and Whirlpool use is not permitted during this time.

Summer Camp Swim

Mondays, Tuesdays & Fridays:

12:00PM - 2:30PM
No open swim during this time.



POOL SCHEDULE - Summer 1

YMCA OF THE NORTHWOODS: June 6 - July 24, 2022

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 Classes	8:00AM Lap Swim Lanes (1-2)	Aspirus Rehab Pool & Whirlpool Closed		8:00AM Water Exercise Classes	8:00AM Lap Swim Lanes (1-2)	Aspirus Rehab Pool & Whirlpool Closed		8:00AM Water Exercise Classes	8:00AM Lap Swim Lanes (1-2)
10:00AM	10:00AM			10:00AM	10:00AM			10:00AM	10:00AM
10:00AM S'Wet Bootcamp Class	10:00AM Lap Swim Lanes (1-2)			10:00AM Open Swim	10:00AM Lap Swim Lanes (3-4)			10:00AM Swim Lessons	10:00AM Lap Swim Lanes (3-4) <i>(Swim Lessons will use 1 Lane)</i>
11:00AM	11:00AM	11:00AM	11:00AM	11:00AM	11:00AM	11:00AM	11:00AM	11:00AM	11:00AM
11:00AM Open Swim	11:00AM Lap Swim Lanes (3-4)	11:00AM Gentle Water Exercise Class	11:00AM Lap Swim Lanes (1-2)	11:00AM	11:00AM	11:00AM Gentle Water Exercise Class	11:00AM Lap Swim Lanes (1-2)	11:00AM	11:00AM
12:30PM	12:30PM	12:30PM	12:30PM	12:30PM	12:30PM	12:30PM	12:30PM	12:30PM	12:30PM
12:30PM Summer Camp Swim	12:30PM Lap Swim Lanes (2-3)	12:30PM Summer Camp Swim	12:30PM Lap Swim Lanes (2-3)	12:30PM	12:30PM	12:30PM Summer Camp Swim	12:30PM Lap Swim Lanes (2-3)	12:30PM Open Swim	12:30PM Lap Swim Lanes (3-4)
2:00PM	2:00PM	2:00PM	2:00PM	2:00PM	2:00PM	2:00PM	2:00PM	2:00PM	2:00PM
2:00PM Open Swim	2:00PM Lap Swim Lanes (3-4)	2:00PM Open Swim	2:00PM Lap Swim Lanes (3-4)	2:00PM	2:00PM	2:00PM Open Swim	2:00PM Lap Swim Lanes (3-4)	2:00PM	2:00PM
		3:15PM	3:15PM	3:15PM	3:15PM	3:15PM	3:15PM	3:15PM	3:15PM
		3:15PM Swim Lessons	3:15PM Lap Swim Lanes (3-4) <i>(Swim Lessons will use 1 Lane)</i>	3:15PM	3:15PM	3:15PM Swim Lessons	3:15PM Lap Swim Lanes (3-4) <i>(Swim Lessons will use 1 Lane)</i>	3:15PM	3:15PM
		5:30PM	5:30PM	5:30PM	5:30PM	5:30PM	5:30PM	5:30PM	5:30PM
		5:30PM Power H2O Class	5:30PM Lap Swim Lanes (1-2)	5:30PM Water Exercise Class	5:30PM Lap Swim Lanes (1-2)	5:30PM Power H2O Class	5:30PM Lap Swim Lanes (1-2)	5:30PM	5:30PM
		6:30PM	6:30PM	6:30PM	6:30PM	6:30PM	6:30PM	6:30PM	6:30PM
		6:30PM Open Swim	6:30PM Lap Swim Lanes (3-4)	6:30PM Open Swim	6:30PM Lap Swim Lanes (3-4)	6:30PM Open Swim	6:30PM Lap Swim Lanes (3-4)	6:30PM	6:30PM
7:00PM	7:00PM	7:00PM	7:00PM	7:00PM	7:00PM	7:00PM	7:00PM	7:00PM	7:00PM

Saturday		Sunday	
Open Swim	Lap Swim	YMCA Closed on Sundays	
8:00AM Open Swim	8:00AM Lap Swim Lanes (3-4)		
11:30AM	11:30AM		

Summer Camp SAW (Safety Around Water)

July 15, 22, & 29

August 5 & 12

Time: 1:00PM-2:00PM

No open swim during this time.

YMCA OF THE NORTHWOODS

2003 E. Winnebago Street

Rhineland, WI 54501

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www.ymcaofthenorthwoods.org



YMCA OF THE NORTHWOODS POOL GUIDELINES

NEW SUMMER AQUATICS & SAUNA HOURS: June 1 – September 6

Aspirus Rehabilitation

The pool and whirlpool are

CLOSED

**Wednesdays
1:00pm–2:30pm**

**Tuesdays & Thursdays
8:00am–10:00am**

**There is no open swim, lap
swim, or whirlpool usage
allowed during these times.**

**A lifeguard is always on duty for
your safety.**

Pool Age Policy

Ages 5 and under (and non-swimmers) must
have an adult within arm's reach

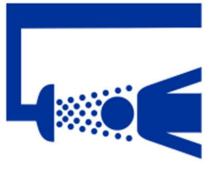
Ages 6 and 7 require a parent in the pool

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

**Please check
dates on the
schedule and
website for
special
activities.**

ATTENTION



**PLEASE
SHOWER
BEFORE USING
POOL OR
WHIRLPOOL**

WHIRLPOOL

**Average Water Temperature: 102 degrees F
Adults age 18 and older may use the Whirlpool.**

**UNDERAGE USE OF THE
WHIRLPOOL IS PROHIBITED.**

Average Pool 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

