



YMCA OF THE NORTHWOODS: July 4 - 10, 2022

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 &

Thursdays:

12:00PM - 2:30PM

No open swim during

Monday 7/4		Tuesday 7/5		Wednesday 7/6		Thursday 7/7		Friday 7/8		Saturday 7/9		Sunday 7/10	
Open Swim	Lap Swim	Open Swim	Lap Swim	Open Swim	Lap Swim	Open Swim	Lap Swim	Open Swim	Lap Swim	Open Swim	Lap Swim		
Happy 4th of July - CLOSED		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)			YMCA Closed on Sundays	
		8:00AM	8:00AM	8:00AM	8:00AM	8:00AM	8:00AM	8:00AM	8:00AM				
		8:00AM	8:00AM	8:00AM	8:00AM	8:00AM	8:00AM	8:00AM	8:00AM	8:00AM	8:00AM	8:00AM Open Swim Lanes (3-4)	
		Aspirus Rehab Pool & Whirlpool Closed		Water Exercise Classes	Lap Swim Lanes (1-2)	Aspirus Rehab Pool & Whirlpool Closed		Water Exercise Classes	Lap Swim Lanes (1-2)				
		10:00AM	10:00AM	10:00AM	10:00AM	10:00AM	10:00AM	9:00AM	10:00AM				
		10:00AM	10:00AM	10:00AM	10:00AM	10:00AM	10:00AM	9:00AM Open Swim	12:30PM Lap Swim Lanes (3-4)				
		Aqua Zumba Class	Lap Swim Lanes (1-2)	Open Swim	Lap Swim Lanes (3-4)	11:00AM	11:00AM						
		11:00AM			11:00AM	11:00AM							
		Gentle Water Exercise Class			Gentle Water Exercise Class	Lap Swim Lanes (1-2)							
		12:00PM				12:00PM						11:30AM	
		Open Swim	12:30PM			Open Swim	12:30PM						
		12:30PM	12:30PM			12:30PM	12:30PM						
		Summer Camp Swim	Lap Swim Lanes (2-3)			Summer Camp Swim	Lap Swim Lanes (2-3)						
				1:00PM	1:00PM								
			1:00PM	1:00PM									
			Aspirus Rehab Pool & Whirlpool Closed										
	2:00PM	2:00PM											
	2:00PM	2:00PM											
	Open Swim	Lap Swim Lanes (3-4)			2:30PM	2:30PM							
					2:30PM	2:30PM							
			Open Swim	Lap Swim Lanes (3-4)									
			5:30PM	5:30PM									
			5:30PM	5:30PM									
			Lap Swim Lanes (1-2)	Water Exercis Class	Lap Swim Lanes (1-2)								
	6:30PM	6:30PM	6:30PM	6:30PM									
	6:30PM	6:30PM	6:30PM	6:30PM									
	Open Swim	Lap Swim Lanes (3-4)	Open Swim	Lap Swim Lanes (3-4)									
	7:00PM	7:00PM	7:00PM	7:00PM									

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