

# POOL SCHEDULE

Multiple activities are often scheduled in the 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.

## Directions

If there are 1 or 2 swimmers in a lane, they may 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.

## Waterslide

No waterslide at this time.

## School Out Day Swim

On School Out Days, OPEN SWIM will be closed from 12:00-1:00pm. Dates: September 29, and if school is cancelled.

## Lifeguard Training

On September 25th, 2023 the pool will be closing at 5:30 for Lifeguard Staff Training. Thank you!

# POOL SCHEDULE - September 11th - September 30th, 2023



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Open Swim	Lap Swim	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 (4)	6:00AM Open Swim	6:00AM Lap Swim Lanes (4)	6:00AM Open Swim	6:00AM Lap Swim Lanes (4)	6:00AM Open Swim	6:00AM Lap Swim Lanes (4)	6:00AM Open Swim	6:00AM Lap Swim Lanes (4)	8:00AM Open Swim	8:00AM Lap Swim Lanes (4)
8:00AM Water Exercise Classes No Open Swim	8:00AM Lap Swim Lanes (2)	8:00AM Open Swim	8:00AM Lap Swim Lanes (3)	8:00AM Water Exercise Classes No Open Swim	8:00AM Lap Swim Lanes (2)	8:00AM Open Swim	8:00AM Lap Swim Lanes (3)	8:00AM Water Exercise Classes No Open Swim	8:00AM Lap Swim Lanes (2)	11:30AM	11:30AM
10:00AM Water Exercise Classes No Open Swim	10:00AM Lap Swim Lanes (2)	10:00AM Aqua Zumba Class No Open Swim	10:00AM Lap Swim Lanes (2)	10:00AM Headwaters Swim Time	10:00AM Lap Swim Lanes (2)	10:00AM Swim Lessons No Open Swim	10:00AM Lap Swim Lanes (2)	10:00AM Swim Lessons No Open Swim	10:00AM Lap Swim Lanes (4)		
11:00AM Open Swim	11:00AM Lap Swim Lanes (3)	11:00AM Gentle Water Exercise Class No Open Swim	11:00AM Lap Swim Lanes (2)	11:00AM Open Swim	11:00AM Lap Swim Lanes (4)	11:00AM Gentle Water Exercise Class No Open Swim	11:00AM Lap Swim Lanes (2)	11:05AM Open Swim	11:00AM Lap Swim Lanes (4)		
(9/25, pool to close at 5:30)	3:30PM Swim Lessons Lanes (2) Lap Swim Lanes (2)	12:00PM Open Swim	12:00PM Lap Swim Lanes (4)	5:00PM Water Exercise Class No Open Swim	3:30PM Swim Lessons Lanes (2) Lap Swim Lanes (2)	5:30PM Water Exercise Class No Open Swim	12:00PM Open Swim	12:00PM Lap Swim Lanes (4)	(9/29 at 12:00PM School Out Day Swim)	Open Swim	Lap Swim Lanes (4)
		6:30PM Open Swim	6:30PM Lap Swim Lanes (4)		6:30PM Open Swim		6:30PM Lap Swim Lanes (4)	1:00PM Open Swim			
								6:30PM Open Swim	6:30PM Lap Swim Lanes (4)		
5:30PM Open Swim	5:30PM Lap Swim Lanes (4)	5:30PM Water Exercise Class No Open Swim	5:30PM Lap Swim Lanes (2)	6:00PM Open Swim	6:00PM Lap Swim Lanes (4)	6:30PM Open Swim	6:30PM Lap Swim Lanes (4)	7:30PM	7:30PM		
7:30PM	7:30PM	7:30PM	7:30PM	7:30PM	7:30PM	7:30PM	7:30PM	7:30PM	7:30PM		

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YMCA

LAP LANES:  
(#) indicates how many lanes are available for lap swim.

Updated: 9/12/2023

YMCA OF THE NORTHW  
2003 E. Winnebago Str

**LAP LANES:**  
(#) indicates how many lap lanes are available for lap swim.

Updated: 9/12/2023

**YMCA OF THE NORTHWOODS**  
2003 E. Winnebago Street  
Rhineland, WI 54501  
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www.ymcaofthenorthwoods.org

\*This schedule is subject to change without notice\*



# YMCA OF THE NORTHWOODS POOL GUIDELINES

## Aspirus Rehabilitation

**Open Swim is CLOSED.**

**Not scheduled at this time.**

**There will be lap swim and whirlpool usage during these times.**

## 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

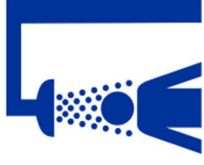
**Ages 8 to 11** may be unattended for up to 2 hours with a parent at the Y (swim test is required prior to swimming)

**Ages 12 and up** adult rules apply

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

**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**

