### 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. (Must be 48" or taller to ride. Weight limit: 250 lbs.)

# School Out Day Swim

On School Out Days, OPEN SWIM will be closed from 12:00-1:00pm. Dates: April 26th.

## Lifeguard Training

On April 29th and May 20th the pool will be closing at 5:30PM for Lifeguard Staff In-Service Training.

# POOL SCHEDULE - April 15 - May 27

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	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM
Water	Lap Swim	Water	Lap Swim	Water	Lap Swim	Water	Lap Swim	Water	Lap Swim
Walking	Lanes (4)	Walking 	Lanes (4)	Walking	Lanes (4)	Walking 	Lanes (4)	Walking	Lanes (4)
8:00AM	8:00AM	1		8:00AM	8:00AM	-		8:00AM	8:00AM
	Lap Swim			Water	Lap Swim			Water	Lap Swim
	Lanes (2)			Exercise	Lanes (2)			Exercise	Lanes (2)
_Water				Classes				Classes	
Exercise Classes		10:00AM	10:00AM	No Open Swim 10:00AM	10:00AM	10:00AM	10:00AM	No Open Swim 10:00AM	10:00AM
No Open Swim		Water	Lap Swim	10.007.11	Lap Swim	Swim Lessons	Lap Swim	Open Swim	Lap Swim
то орен энни		Exercise	Lap Swiii Lanes (2)	Headwaters	Lap 5Willi Lanes (3)	Water	Lanes (3)		Lanes (4)
		Classes		Swim Time		Walking			
		No Open Swim				Only			
11:00AM	11:00AM	11:00Am	11:00AM	11:00AM	11:00AM	11:00AM	11:00AM		
Swim Lessons	Lap Swim	Gentle Water	Lap Swim	Open Swim	Lap Swim	Gentle Water	Lap Swim		
Water	Lanes (3)	Exercise Class	Lanes (3)		Lanes (4)	Exercise Class	Lanes (3)		
Walking 12:00PM	12:00PM	No Open Swim 12:00PM	12:00PM	-		No Open Swim 12:00PM	12:00PM	-	
Open Swim		Open Swim				Open Swim			
Open Swiiii	Lap Swim Lanes (4)	Open Swiiii	Lap Swim Lanes (4)			Open Swiiii	Lap Swim Lanes (4)	April 26th	
	Lalles (4)		Lalles (4)				Lailes (4)	School Out	
								Swim* See side	
								panel	
		1:00	PM			1:00	PM	1:00	PM
		Pooland	Whirlpool	2.00714	2.00014	Pooland	Whirlpool	Pooland	Whirlpool
		Closed 1:0	0-3:30PM	<b>3:00PM</b> Swim Lessons	3:00PM	Closed 1:0	0-3:30PM	Closed 1:0	0-3:30PM
		3:30PM	3:30PM	Water	Lap Swim Lanes (3)	3:30PM	3:30PM	3:30PM	3:30PM
3:45PM	3:45PM	Swim Lessons	Lap Swim	Walking	Lailes (5)	Swim Lessons	Lap Swim	Open Swim	Lap Swim
Swim Lessons	Lap Swim	Water	Lanes (3)	Only		Water	Lanes (3)	Open Swiiii	Lanes (4)
Water	Lanes (3)	Walking				Walking			
Walking		Only				Only			
Only									
-									
				E CORM					
•	May 20th, pool			5:00PM	5:00PM				
closes at 5:30PM for staff training.				Water	Lap Swim				
		F.20DM	F.20DM	Exercise	Lanes (2)	F.20DM	E.ZODM	-	
5:30PM	5:30PM	5:30PM	5:30PM	Classes No Open Swim		5:30PM Water	5:30PM		
Open Suim		Water	Lap Swim	6:00PM	6:00PM	Exercise	Lap Swim Lanes (2)		
Open Swim	Lap Swim	Evercice	l anne i /i	1 0.001 171	3.331 14	LXEICISE	Lailes (Z)		
Open Swim	Lanes (4)	Exercise Classes	Lanes (2)	Open Swim	Lap Swim	Classes			
Open Swim		Classes	Lanes (2)	Open Swim	Lap Swim	Classes No Open Swim			
Open Swim			6:30PM	Open Swim	Lap Swim Lanes (4)	Classes No Open Swim 6:30PM	6:30PM	6:30PM	6:30PM
Open Swim		Classes No Open Swim		Open Swim		No Open Swim	6:30PM Lap Swim	6:30PM Teen Night	6:30PM Lap swim
Open Swim		Classes No Open Swim 6:30PM	6:30PM	Open Swim		No Open Swim 6:30PM	_		



Sunday

Pool and Whirlpool

Closed

l							
n	Saturday						
.)	Open Swim	Lap Swim					
	8:00AM	8:00AM					
	Water	Lap Swim					
n	Walking	Lanes (4)					
n ()	Only						
	9:30ÅM	9:30AM					
	Swim Lessons	Lap Swim					
Λ	Water	Lanes (3)					
n	Walking						
.)	Only						
	J						
	11:00AM	11:00AM					
	Family	Lap Swim					
	Swim	Lanes (2)					
	SWIII						
	1:30PM	1:30PM					

\*\*This schedule is subject to change to fit needs, with little or no notice\*\*

*Updated: 3/30/2024* 

#### YMCA OF THE NORTHWOODS

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NOW HIRING LIFEGUARDS

We would love to offer more pool hours; unfortunately, due to national lifeguard shortages, we've had to cut back our hours. Contact Kaylee, Aquatics Director, for more information. E: kdasher@ymcanw.org P: (715) 362-9622 ext 121