

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

Lap swimmers are expected to share lanes if all lanes are full. 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.)

Lifeguard Training

On September 30th the pool will be closing at 5:30PM for Lifeguard Staff In-Service Training.

Private Lessons

Lane #5 is reserved for Private Swim Lessons, see schedule for days/times. If no lesson is using the lane you are welcome to use it.

School Out Day Swim

On School Out Days, OPEN SWIM will be closed from 12:30-2:00pm. Dates: September 27th and if

POOL SCHEDULE - September 16-October 12, 2024



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Open Swim	Lap Swim	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 (3) <small>Private Lessons in Lane #5</small>	6:00AM Open Swim	6:00AM Lap Swim Lanes (4)	6:00AM Open Swim	6:00AM Lap Swim Lanes (3) <small>Private Lessons in Lane #5</small>	6:00AM Open Swim	6:00AM Lap Swim Lanes (4)	8:00AM Open Swim	8:00AM Lap Swim Lanes (2)	8:00AM Open Swim	8:00AM Lap Swim Lanes (3) <small>Private Lessons in Lane #5</small>
8:00AM Closed for Water Exercise Classes	8:00AM Lap Swim Lanes (2)	10:00AM Closed for Water Exercise Classes	10:00AM Lap Swim Lanes (2)	8:00AM Closed for Water Exercise Classes	8:00AM Lap Swim Lanes (2)	10:00AM Closed for Swim Lessons and Water Exercise	10:00AM Lap Swim Lanes (2)	8:00AM Closed for Water Exercise Classes	8:00AM Lap Swim Lanes (2)	10:00AM Open Swim	10:00AM Lap Swim Lanes (4)	1:30PM	1:30PM
11:00AM Open Swim	11:00AM Lap Swim Lanes (4)	12:00PM Open Swim	12:00PM Lap Swim Lanes (4)	10:00AM Open Swim	10:00AM Lap Swim Lanes (4)	12:00PM Open Swim	12:00PM Lap Swim Lanes (4)	10:00AM Open Swim	10:00AM Lap Swim Lanes (4)	<i>Sept. 27th School Out Day NO OPEN SWIM</i>		1:00PM Open Swim	1:00PM Lap Swim Lanes (3) <small>Private Lessons in Lane #5</small>
		1:00PM-3:30PM POOL AND WHIRLPOOL CLOSED Sauna Open						1:00PM-3:30PM POOL AND WHIRLPOOL CLOSED Sauna Open				4:30PM	4:30PM
		3:30PM Open Swim	3:30PM Lap Swim					3:30PM Open Swim	3:30PM Lap Swim Lanes (3)				
3:45PM Closed for Swim Lessons	3:45PM Lap Swim Lanes (3) <small>Private Lessons In Lane #5</small>	3:45PM Closed for Swim Lessons	3:45PM Lap Swim Lanes (3) <small>Private Lessons In Lane #5</small>			3:45PM Closed for Swim Lessons	3:45PM Lap Swim Lanes (3) <small>Private Lessons In Lane #5</small>	3:45PM Closed for Swim Lessons	3:45PM Lap Swim Lanes (3) <small>Private Lessons In Lane #5</small>	4:00PM POOL AND WHIRLPOOL CLOSED FOR PROGRAMS Sauna Open	4:00PM POOL AND WHIRLPOOL CLOSED FOR PROGRAMS Sauna Open		
<i>September 30th pool closes at 5:30PM for staff training.</i>													
5:00PM Open Swim	5:00PM Lap Swim Lanes (4)	5:30PM Closed for Water Exercise Class	5:30PM Lap Swim Lanes (1) <small>Private Lessons In Lane #5</small>	5:00PM Closed for Water Exercise Class	5:00PM Lap Swim Lanes (2) <small>Private Lessons In Lane #5</small>	5:30PM Closed for Water Exercise Class	5:30PM Lap Swim Lanes (1) <small>Private Lessons In Lane #5</small>	5:00PM Closed for Swim Lessons	5:00PM Lap Swim Lanes (2) <small>Private Lessons In Lane #5</small>	6:00PM Open Swim	6:00PM Lap Swim Lanes (4)	6:00PM Open Swim	6:00PM Lap Swim Lanes (4)
		6:30PM Open Swim	6:30PM Lap Swim Lanes (4)	6:00PM Open Swim	6:00PM Lap Swim Lanes (4)	6:30PM Open Swim	6:30PM Lap Swim Lanes (4)	6:30PM Open Swim	6:30PM Lap Swim Lanes (4)	6:15PM POOL AND WHIRLPOOL CLOSED FOR PROGRAMS Sauna Open	6:15PM POOL AND WHIRLPOOL CLOSED FOR PROGRAMS Sauna Open		
7:30PM	7:30PM	7:30PM	7:30PM	7:30PM	7:30PM	7:30PM	7:30PM	7:30PM	7:30PM				

Sauna Hours: Monday-Friday: 6:00AM-7:30PM Saturday: 8:00AM-1:30PM Sunday: 1:00PM-4:30PM

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

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Updated: 9/15/2024



YMCA OF THE NORTHWOODS

POOL RULES

- A shower is required before entering the pool or Whirlpool.
- Children under 18 years old are not allowed in the Whirlpool or Sauna.
- No diving in the pool.
- Respect all requests made by the lifeguard.
- Do not bring toys/floaties from home (with the exception of U.S. Coast Guard approved life jackets).
- No phones in the pool area.
- Competitive and repetitive breath holding is prohibited.

Prohibited Items:

- Mermaid tails/Mono-fins.
- Scuba diving equipment.
- Full face snorkels.
- Food/Gum/Beverages.
- Non-U.S. Coast Guard approved floaties (such as baby floats, arm bands, etc).

Age Guidelines:

Ages 5 and under:

Must have a parent within arms reach of them at all times, both on deck and in the water. Active supervision is required. Ratio: 1 adult for every 3 children.

Ages 6-10:

Active parent supervision in the water with child. Ages 8 and up, may have an adult on deck instead if they can pass a swim test (see swim test guidelines). Ratio: 1 adult for every 5 children.

Ages 11-12:

require orientation prior to swimming independently.

Ages 13 and up:

adult rules apply.

Updated: 7/16/2024

Goggles and swim diapers are available to purchase at the Pro Shop.

The pool features a mushroom (available by request), waterslide, and basketball hoop.

CAUTION: For safety reasons, pregnant women, persons with heart conditions or high or low blood pressure and persons with respiratory conditions should not use the Whirlpool or Sauna. Persons under the influence of alcohol or drugs and some other medications may not use the Whirlpool or Sauna