

Summer 1

POOL SCHEDULE July 7 - July 20

LAP LANE Schedule



*See reverse side for Open Swim

Pool Schedule

Multiple activities are often scheduled in the pool at the same time. Please respect each other.

Lap Lanes

Reserved for lap swimming - two per lane or circle swim if all swimmers agree.

Open Swim

Includes water walking and free swim.

Exercise Classes

There is water walking if there are fewer than 15 people in the class.

Swimming Lessons

Lessons are Monday-Thursday mornings and evenings. If class sizes change, we will post notices of more pool openings. Please observe the scheduled times.

Phone Policy

No phones in the hot tub, sauna, or pool. You may use your phones in the observation areas. Do not take pictures of anyone but the people in your party.

Summer Camp - Pool Area

Closed

Monday, Tuesday, Thursday, and Friday, the pool and hot tub will be closed from 12:30 pm - 2:00 pm for camp swim.

Slide

Saturdays from 11:00 am - 12:00 pm.

Hot Tub Rules:

Please sit and be in your space and refrain from impeding others' enjoyment of the hot tub. **No phones - no submerging - no floating**

Lanes 2-5 (No lap swimming in lane 1)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00 AM - 6:30 AM	All Lanes Open 6:00 - 8:00 am	All Lanes Open 6:00 - 10:00 am -----> -----<	All Lanes Open 6:00 - 8:00 am	All Lanes Open 6:00 - 10:00 am -----> -----<	All Lanes Open 6:00 - 8:00 am	All Lanes Open 10:00 am - 1:30 pm	Closed on Sundays	
6:30 AM - 7:00 AM								
7:00 AM - 7:30 AM								
7:30 AM - 8:00 AM								
8:00 AM - 8:30 AM	Lanes 4 & 5 Open 8:00 am - 10:00 am		Lanes 4 & 5 Open 8:00 am - 10:00 am		Lanes 4 & 5 Open 8:00 am - 10:00 am			
8:30 AM - 9:00 AM								
9:00 AM - 9:30 AM								
9:30 AM - 10:00 AM								
10:00 AM - 10:30 AM	Lanes 2 & 3 Open 10:00 am - 10:45 am	Lanes 2 Open 10:00 am - 10:45 am	Lanes 2 & 3 Open 10:00 am - 10:45 am	Lanes 2 & 3 Open 10:00 am - 10:45 am	All Lanes Open 10:00 am - 12:30 pm			
10:30 AM - 11:00 AM								
11:00 AM - 11:30 AM	All Lanes Open 10:45 am - 12:30 pm	Lanes 3 & 4 Open 10:45 am - 11:45	All Lanes Open 10:45 am - 12:30 pm					
11:30 AM - 12:00 PM								
12:00 PM - 12:30 PM		All Lanes Open 11:45-12:30						
12:30 PM - 1:00 PM	Pool & Hot Tub Closed Summer Program 12:30 pm - 2:00 pm	Pool & Hot Tub Closed Summer Program 12:30 pm - 2:00 pm	All Lanes Open 10:45 am - 5:30 pm -----> -----<	Pool & Hot Tub Closed Summer Program 12:30 pm - 2:00 pm				Pool & Hot Tub Closed Summer Program 12:30 pm - 2:00 pm
1:00 PM - 1:30 PM								
1:30 PM - 2:00 PM								
2:00 PM - 2:30 PM	All Lanes Open 2:00 pm - 7:30 pm ----->	All Lanes Open 2:00 pm - 5:25 pm ----->		All Lanes Open 2:00 pm - 4:45 pm	Pool & Hot Tub Closed 2:00 pm - 3:30 pm			
2:30 PM - 3:00 PM								
3:00 PM - 3:30 PM								
3:30 PM - 4:00 PM								
4:00 PM - 4:30 PM		Lanes 4 & 5 Open 5:30 pm - 6:30 pm -----<		Lanes 2 & 3 Open 4:45 pm - 5:30 pm	All Lanes Open 3:30 pm - 6:30 pm ----->			
4:30 PM - 5:00 PM								
5:00 PM - 5:30 PM								
5:30 PM - 6:00 PM								
6:00 PM - 6:30 PM	All Lanes Open 6:30 pm - 7:30 pm	All Lanes Open 6:30 pm - 7:30 pm	All Lanes Open 6:30 pm - 7:30 pm	All Lanes Open 6:30 pm - 7:30 pm	Pool closes at 6:30 pm			
6:30 PM - 7:00 PM								
7:00 PM - 7:30 PM								

Hot Tub: Mon, Tues, Thurs: 6 am-12:30 pm & 2 pm-7:30 pm Wed: 6am-7:30 pm Fri: 6 am-12:30 pm & 3:30 pm-6:30 pm / Sat:10 am-1:30 pm

Sauna: Mon - Thurs: 6 am - 7:30 pm Fri: 6 am - 6:30 pm / Sat:10 am-1:30 pm

* Schedule subject to change without notice

YMCA of the Northwoods, 2003 E Winnebago St, Rhinelander, WI 54501

Summer 1

POOL SCHEDULE July 7 - July 20

OPEN SWIM schedule



*See reverse side for Lap Swim

Mushroom Area, Slide Well, and Lane 1

Pool Schedule

Multiple activities are often scheduled in the pool at the same time. Please respect each other.

Lap Lanes

Reserved for lap swimming - two per lane or circle swim if all swimmers agree.

Open Swim

Includes **water walking** and **free swim**.

Exercise Classes

There is water walking if there are fewer than 15 people in the class.

Swimming Lessons

Lessons are Monday-Thursday mornings and evenings. If class sizes change, we will post notices of more pool openings. Please observe the scheduled times.

Phone Policy

No phones in the hot tub, sauna, or pool. You may use your phones in the observation areas. Do not take pictures of anyone but the people in your party.

Summer Camp - Pool Area

Closed

Monday, Tuesday, Thursday, and Friday, the pool and hot tub will be closed from 12:30 pm - 2:00 pm for camp swim.

Slide

Saturdays from 11:00 am - 12:00 pm.

Hot Tub Rules:

Please sit and be in your space and refrain from impeding others' enjoyment of the hot tub. **No phones - no submerging - no floating**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00 AM - 6:30 AM	Open Swim 6:00 am- 8:00 am	Open Swim 6:00 am - 10:00 am ----->	Open Swim 6:00 am- 8:00 am	Open Swim 6:00 am - 10:00 am ----->	Open Swim 6:00 am- 8:00 am			
6:30 AM - 7:00 AM								
7:00 AM - 7:30 AM								
7:30 AM - 8:00 AM								
8:00 AM - 8:30 AM	Water Exercise 8 am - 10 am NO OPEN SWIM		Water Exercise 8:00 am - 10:00 am NO OPEN SWIM		Water Exercise 8:00 am - 10:00 am NO OPEN SWIM			
8:30 AM - 9:00 AM								
9:00 AM - 9:30 AM								
9:30 AM - 10:00 AM								
10:00 AM - 10:30 AM	Lessons Water Walking 10:00 am - 11:45 am NO FREE SWIM	Lessons Water Walk 10-11 am NO FREE SWIM	Lessons Water Walking 10:00 am - 11:45 am NO FREE SWIM	Lessons Water Walk 10-11 am NO FREE SWIM	Open Swim 10:00 am - 12:30 pm	Open Swim 10:00 am - 1:30 pm	Closed on Sundays	
10:30 AM - 11:00 AM								
11:00 AM - 11:30 AM								
11:30 AM - 12:00 PM	Open Swim 11:45 pm - 12:30 pm	Water Exercise 11:00 - 12:00 NO OPEN SWIM	Water Exercise 11:00 - 12:00 NO OPEN SWIM	Water Exercise 11:00 - 12:00 NO OPEN SWIM				
12:00 PM - 12:30 PM								Open Swim 12:00 -12:30
12:30 PM - 1:00 PM	Pool & Hot Tub Closed Summer Program 12:30 pm - 2:00 pm	Pool & Hot Tub Closed Summer Program 12:30 pm - 2:00 pm	Pool & Hot Tub Closed Summer Program 12:30 pm - 2:00 pm					
1:00 PM - 1:30 PM				Open Swim All Areas 11:45 am - 4:00 pm ----->	Pool & Hot Tub Closed Summer Program 12:30 pm - 2:00 pm	Pool & Hot Tub Closed Summer Program 12:30 pm - 2:00 pm		
1:30 PM - 2:00 PM								Open Swim 2:00 pm - 4:00 pm
2:00 PM - 2:30 PM								
2:30 PM - 3:00 PM								
3:00 PM - 3:30 PM								
3:30 PM - 4:00 PM	Swim Lessons 4 pm - 6:10 pm Water Walking Only NO FREE SWIM	Swim Lessons 4 pm - 5:30 pm Water Walking Only NO FREE SWIM	4 - 5 pm Water Walk NO FREE SWIM	Swim Lessons 4:15 pm - 5:30 pm Water Walking Only NO FREE SWIM	Open Swim 3:30 pm - 6:30 pm			
4:00 PM - 4:30 PM								
4:30 PM - 5:00 PM								
5:00 PM - 5:30 PM								
5:30 PM - 6:00 PM	Water Exercise 5:30 pm - 6:30 pm NO OPEN SWIM	Water Exercise 5 pm - 6:20 pm NO OPEN SWIM	Water Exercise 5 pm - 6:20 pm NO OPEN SWIM	Water Exercise 5:30 pm - 6:30 pm NO OPEN SWIM				
6:00 PM - 6:30 PM								
6:30 PM - 7:00 PM	Open Swim 6:10 pm - 7:30 pm	Open Swim 6:30 pm - 7:30 pm	Open Swim 6:20 pm - 7:30 pm	Open Swim 6:30 pm - 7:30 pm	Pool closes at 6:30 pm			
7:00 PM - 7:30 PM								

Hot Tub: Mon, Tues, Thurs: 6 am-12:30 pm & 2 pm-7:30 pm **Wed:** 6am-7:30 pm **Fri:** 6 am-12:30 pm & 3:30 pm-6:30 pm / **Sat:** 10 am-1:30 pm

Sauna: Mon - Thurs: 6 am - 7:30 pm **Fri:** 6 am - 6:30 pm / **Sat:** 10 am-1:30 pm

* Schedule subject to change without notice

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