

Pool Schedule for September 12th- September 18th

Schedule subject to change without notice. Please visit www.WSYMCA.org for schedule updates and changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Lap Swim						
7:00-9:00 am 5	5:30-8:30 am 5	5:30-8:30 am 5	5:30-8:30 am 5	5:30-8:30 am 5	5:30-8:30 am 5	7:00-9:00 am 5
9:00-12:00 pm 4-5	6:30-8:30 am SP	6:30-8:30 am SP	6:30-8:30 am SP	6:30-8:30 am SP	6:30-8:30 am SP	9:00-12:00 pm 4-5
12:00-3:45 pm 3-4	8:30-4:00 pm 4-5	8:30-9:30 am 3	8:30-4:00 pm 4-5	8:30-9:30 am 3	8:30-4:00 pm 4-5	12:00-3:45 pm 3-4
	4:00-5:00 pm 3	9:30-4:00 pm 4	4:00-5:00 pm 3	9:30-4:00 pm 4-5	4:00-7:45 pm 3	
	7:00-8:45 pm 3	4:00-5:00 pm 3	7:00-8:45 pm 3	4:00-5:00 pm 3		
		7:00-8:00 pm 3		7:00-8:00 pm 3		
		8:00-8:50 pm SP		8:00-8:50 pm SP		
Masters, Blue Waves & Water Polo practices are at the following times. The pool(s) will be closed during these times. # indicates the number of lane:						
		8:30-9:30 am 2		8:30-9:30 am 2	5:00-7:00 pm 3	
12:00-3:45 pm 2	5:00-7:00 pm 6	5:00-7:00 pm 6	5:00-7:00 pm 6	5:00-7:00 pm 6		12:00-3:45 pm 2
		8:00-8:50 pm WP		8:00-8:50 pm WP		
Adult Rec Swim						
7:00-9:00 am 1	7:00-9:00 am 1	5:30-8:30 am 1	5:30-8:30 am 1	5:30-8:30 am 1	5:30-8:30 am 1	7:00-9:00 am 1
9:00-3:45 pm 1-2	9:00-12:45 pm 1	9:30-5:00 pm 1	8:30-5:00pm 1	9:30-5:00 pm 1	8:30-5:00 pm 1	9:00- 3:45 pm 1
		7:00 -8:00 pm 1	7:00-8:45 pm 1	3:30-8:00 pm 1	6:00-7:45 pm 1	
Youth Lap						
		3:00-4:00 pm 1	3:00-4:00 pm 1	3:00-4:00 pm 1	3:00-4:00 pm 1	
Family Swim: Reservation is required- Reservations times listed below						
9:45-10:15 am SP						2:30-3:00 pm SP
10:30-11:00 am SP						3:15-3:45 pm SP
11:15-11:45 am SP						
12:00-12:30 pm SP						
12:45-1:15 pm SP						
1:30-2:00 pm SP						
2:15-2:45 pm SP						
3:00-3:30 pm SP						

= Lanes available in the Big Pool
 L = Limited lanes available due to adult groups using the pool
 SP = Small Pool
 DE = Deep End of Lanes 5&6
 WP = Water Polo (participants must be members and pass a swim test)



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 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Swim Definitions

Adult Lap Swim (ages 16+): Swimmers must swim laps in the pool. Kickboards and pull buoys are available for use

Adult Rec Swim (ages 16+): Swimmers can do water exercises (e.g., aqua jogging, water aerobics, use barbells and noodles).

Family Swim (all ages*): Play-time for families in the pool. Noodles, barbells, toys, and bubble belts are available for use. Swimmers may be in the deep end if they pass the Deep End Swim Test.

*Children under 7 must be one-on-one with an adult (age 16+) within arms reach of accompanying adult

*Children over the age of 7 who cannot swim independently must be one-on-one and within arms reach of accompanying adult (age 16+)

Youth Lap (ages 7-16): This is a lap lane in the Big Pool designated to youth and teens interested in swimming laps. This is not a free play-time. Swimmers MUST be competent swimmers (YMCA Swim Lessons Stage 4 or higher).

s closed

3:00-6:00 pm	2								
Sunday	Pool/		Pool/		Pool/		Pool/		Pool/
Adult Lap	Lanes	Adult Rec	Lanes	Family Swim	Lanes	Youth Rec	Lanes	Youth Lap	Lanes
9:00-3:00 pm	3	9:00-3:00 pm	2	3:00-6:00 pm	3			9:00-12:15 pm	1
3:00-6:00 pm	2							3:00-6:00 pm	1

*if available

**registration fee required

Limited=Limited lanes available due to adult groups using the pool

(over)

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POOL RULES

All swimmers must shower prior to swimming (per Board of Health).

All swimmers are required to wear a swim cap.

Please remove all band aids prior to entering the pool.

Please visit www.westsuburbanyymca.org/PoolSchedule for a detailed list of pool rules and pool etiquette.

SWIM DEFINITIONS

Adult Lap Swim (ages 16+): Swimmers must swim laps in the pool. Kickboards and pull buoys are available for use. If two swimmers are in a lane, swimmers may split the lane. If there are three or more swimmers to a lane, swimmers **MUST** circle swim.

Adult Rec Swim (ages 16+): Swimmers can do water exercises other than laps (e.g., aqua jogging, water aerobics, use barbells and noodles).*registration required for water polo

Family Swim (all ages*): Play-time for families in the pool. Noodles, barbells, toys, and bubble belts are available for use. Swimmers may be in the deep end if they pass the Deep End Swim Test.

Youth Rec (ages 7-16*): Play-time for kids and families in the pool (usually in the small pool). Noodles, barbells, toys, and bubble belts are available for use. Swimmers may be in the deep end if they pass the Deep End Swim Test.

Youth Lap (ages 7-16): This is a lap lane in the Big Pool designated to youth and teens interested in swimming laps. This is not a free play-time. Swimmers **MUST** be competent swimmers (Flying Fish level or higher).

*Children under 7 must be one-on-one with an adult (age 16+) within arms reach of accompanying adult