

# Wyoming YMCA Pool Schedule

October 29th, 2018- December 15th, 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:30AM	Pool Closed							
6:00AM								
6:30AM								
7:00AM	Lap Swim 6:30-7:50	Lap Swim 6:45-7:50	Lap Swim 6:30-7:50	Lap Swim 6:45-7:50	Lap Swim 6:30-7:50	Pool Closed		
7:30AM								
8:00AM								
8:30AM	Adult Swim 8:00-9:50	Pre-K Swim and Adult Swim 8:00-9:50	Pre-K Swim 8:00-9:00	Adult Swim 8:00-9:50	Adult Swim 8:00-9:50	Lap Swim 8:00-8:50	Pool Closed	
9:00AM			Adult Swim 9:00-9:50					
9:30AM								
10:00AM	Water-X 10:00-11:00	Rusty Hinges 10:00-11:00	Water-X 10:00-11:00	Water-X 10:00-11:00	Water-X 10:00-11:00	Swim Lessons 9:00-12:00	Open Swim 11:00-11:50	
10:30AM								
11:00AM	AQUA Zumba 11:00-12:00	Adult Swim/Pre K Lessons 11:00- 12:00	Adult Swim 11:00-12:00	Adult Swim 11:00-12:00	Adult Swim 11:00-12:00			
11:30AM								
12:00PM	Lap Swim: 12:00- 1:30	Workout of the Week: 12:00- 2:00	Lap Swim: 12:00- 1:30	Pool Closed		Lap Swim: 12:00- 1:30	Open Swim 12:00-12:50	Family Swim 12:00-2:00
12:30PM								
1:00PM	Live Y'ers 1:30-2:30	2:00	Live Y'ers 1:30-2:30	Pool Closed		Live Y'ers 1:30-2:30	Family Swim 1:00-3:00	
1:30PM								
2:00PM	Pool Closed							
2:30PM								
3:00PM								
3:30PM	Pool Opens for Sundays Starting November 4th!							
4:00PM	Open Swim 4:00-5:00	Open Swim 4:00-5:50	SACC Swim 4:00-5:00	Open Swim 4:00-5:00	Open Swim 4:00-5:50	No Classes on October 31st!		
4:30PM								
5:00PM								
5:30PM	Swim Lessons 5:00-6:50	Adult Swim 6:00-7:00	Open Swim 5:00-6:00	Swim Lessons 5:00-6:50	Family Swim 6:00-8:00	Pool Will be Closed at 5:00 on November 21st for Thanksgiving and will reopen for regular hours on Friday, November 23rd!		
6:00PM								
6:30PM								
7:00PM	Water-X 7:00-8:00	Lap Swim 7:00-8:30	Water-X/Sports 7:00-8:00	Water-X 7:00-8:00	Please add the remind app to your phones for up to date pool and spa availability!			
7:30PM								
8:00PM	Lap Swim 8:00-8:30		Lap Swim 8:00-8:30	Lap Swim 8:00-8:30				
8:30PM								
9:00PM	Pool Closed							

-All times are subject to change without notice\* Call (585)786-2880 to verify.-

Remind App Link: <https://www.remind.com/join/ywarsawpl> \*\*Boyscouts swim the first Tuesday of every month\*\*

# **•ALL SWIMMERS MUST SHOWER BEFORE ENTERING THE POOL OR SPA.**

## **•Patrons**

**•During open and family swim, children under the age of six (6) must be accompanied into the water by a parent or a supervising adult who is 18 years of age or older. That adult must stay within arm's length of the child. One (1) adult may supervise up to four (4) children.**

**•During open and family swim, children ages six (6), seven (7), or eight (8) must have a parent or supervising adult who is at least 18 years old in the YMCA building while they are using the YMCA pool.**

**•All swimmers wishing to use the waterslide must pass the swim test. Swimmers will be given a wrist band to indicate test passage. Swim tests will be given during open swim times by a YMCA staff person. The slide test consists of a person swimming one length (25 yards) of the pool and treading water for 30 seconds without the use of a floatation device.**

**•The YMCA will provide floatation devices for non-swimmers. Floats from home will only be allowed if coast guard approved. Parents should be present in the pool area to assist a non-swimmer who needs a floatation device.**

**•Bathing suits are required when using the pool, steam room or hydrotherapy tank. Shorts, shirts or clothing of any kind, including cut-off pants are not allowed.**

**•Children under the age of three (3) must wear specifically designed swim diapers under or as a bathing suit. If the child is over three (3) and not potty trained then they must use a swim diaper as well.**

**•Bathers may not go from the sauna/steam room to the pool without showering.**

**•Must be 18 years of age or older to use the Spa or Steam room.**

## **SWIM TIMES**

**Lap Swim- Open to individuals ages 12 years old and up. Mature behavior and adherence to lap swim guidelines is required. Those wishing to float or water walk should do so during adult or open swim.**

**Adult Swim- Open to adults who are 18 years of age or older who wish to swim, float or water walk. Swimmers may enter the water using the zero depth entry but then must swim on south side of pool.**

**Open Swim- Open swim is designed for swimmers of all ages and may be used by both lap swimmers and families. If requested and based on availability of staff, one lane line may be put in for lap swimmers on the south end of the pool.**

**Family Swim- Family swim is open for all families. The water slide is to only be run during family swim, under the supervision of an adult. Whether on or off the slide and raintree should be properly supervised and operated in accordance with the rules established for each.**

**Workout of the Week- A challenging new lap swim that is geared towards competitive swimmers. Two separate workouts will be written and**

**modified for swimmers who can stay for an hour or 2 hours. There will be one timed set a week where swimmers can compare their old times and see improvements in their strokes and speeds. Open to all lap swimmers 12 and up!**