

Wyoming YMCA Pool Schedule

October 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
6:30 AM	Lap Swim 7:00-10:00	Lap Swim 7:00-10:00	Lap Swim 7:00-10:00	Lap Swim 7:00-10:00	Lap Swim 7:00-10:00	Lap Swim 7:00-8:45					
7:00 AM											
7:30 AM											
8:00 AM											
8:30 AM											
9:00 AM											
9:30 AM											
10:00 AM	Water-X: Beth 10:00-10:45	Water X: Deb 10:00-10:45	Water-X: Barny 10:00-10:45	Water-X: Beth 10:00-10:45	Water-X: Barny 10:00-10:45	Family Swim 9:00-11:45					
10:30 AM	Adult Swim 11:00-11:45	Live Y-ers 11:00-11:45		Live Y-ers 11:00-11:45	Adult Swim 11:00-11:45						
11:00 AM											
11:30 AM											
12:00 PM						Y Closed					
12:30 PM											
1:00 PM											
1:30 PM											
2:00 PM											
2:30 PM											
3:00 PM			Camp Days 3:00-3:45								
3:30 PM											
4:00 PM	Family Swim 4:00-5:45	Family Swim 4:00-5:45	Family Swim 4:00-5:45	Family Swim 4:00-5:45	Family Swim 4:00-5:45	We thank you for your patience during this time of staff and schedule changes. This schedule is subject to change as we make adjustments.					
4:30 PM											
5:00 PM											
5:30 PM											
6:00 PM							Water-X: Beth 6:00-6:45	Lap Swim 6:00-6:45	Lap Swim 6:00-6:45	Water-X: Beth 6:00-6:45	Lap Swim 6:00-6:45
6:30 PM											
7:00 PM	Y Closed	Y Closed	Y Closed	Y Closed	Y Closed						
7:30 PM											
8:00 PM											
8:30 PM											
9:00 PM											

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

- ALL SWIMMERS MUST SHOWER BEFORE ENTERING THE POOL OR SPA.
- Reservations for swim times required. Times are set in 45 minute blocks. Please call 585-786-2880 to reserve a spot
- Bathing suits are required when using the pool. Shorts, shirts or clothing of any kind, including cut-off pants are not allowed.
- Water Exercise classes are limited to 15 participants per 1 instructor. Lap Swim is reserving either Lane 1 or Lane 3.
- Masks are required inside the building when not on the pool deck or in the shower. Please wear your mask to and from the shower, to the pool deck and hang it on a hook separate from other people's masks, so that it is available to put on as soon as you exit the pool. ALWAYS also maintain a social distance of 6 feet from others when inside the Y. This is especially important inside the pool and on the pool deck when not wearing a mask.
- 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. Swimmers must pass a "deep end" swim test to swim in the 3 1/2 foot, 4 foot and deep pools. Otherwise, an adult must swim with them in these sections.
- 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.
- 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.
- If you are unable to make your reserved lap or swim time for any reason, please let us know one 1/2 hour prior to your scheduled time or in an emergency as soon as possible.

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. Please remain in your swim lane and keep a six foot distance from all other swimmers at all times.

Water X- Open to adults who are 18 years of age or older who wish to participate. Please always maintain a social distance of 6 feet from all other participants and the instructors.

Family Swim- 45 minute session. Max of 8 people per family. Reserving one of the following per family: 3 1/2 foot pool, 4 foot pool or option of deep or shallow pool.

Adult Swim- 45 minute session. Max of 8 people per group. Reserving one of the following per group: 3 1/2 foot pool, 4 foot pool or option of deep or shallow pool. Please reserve group as close family and friends who are within your usual social circle.