



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

SCHEDULE EFFECTIVE FROM SEPTEMBER 4 - DECEMBER 31, 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 -7:15 am Adult Lap Swim	5:45 -7:15 am Adult Lap Swim	5:45 -7:15 am Adult Lap Swim	5:45 -7:15 am Adult Lap Swim	5:45 -7:15 am Adult Lap Swim	Swim Meets during the Fall/Winter will happen during Saturday mornings.	
					8:30-9:30am Adult Lap Swim	
9:00-10:00am Aquanastics	9:00-10:00am Aquanastics	9:00-10:00am Aquanastics	9:00-10:00am Aquanastics	9:00-10:00am Aquanastics		
					8:30-10:30am Swim Lessons	
12-1:00pm Adult Lap Swim	12-1:00pm Adult Lap Swim	12-1:00pm Adult Lap Swim	12-1:00pm Adult Lap Swim	12-1:00pm Adult Lap Swim		
					1:00-6:30pm Open Swim	
				3:30-5:00pm Open Swim		1:15-2:30pm Adult Lap Swim 2 Lane Ropes
5:00-6:00pm Adult Lap Swim 2 Lane Ropes		5:00-6:00pm Adult Lap Swim 2 Lane Ropes		5:00-6:00pm Adult Lap Swim 2 Lane Ropes		1:15-5:30pm Open Swim
6:00-7:00pm Swim Lessons	6:00-7:00pm Adult Lap Swim 2 Lane Ropes	6:00-7:00pm Swim Lessons	6:00-7:00pm Adult Lap Swim 2 Lane Ropes	6:00-7:30pm* Open Swim		
	6:00-7:00pm Swim Lessons		6:00-7:00pm Swim Lessons	*8:30pm beginning December 4th		
7:00-9:00pm Stingray Swim Team Practice	7:00-8:30pm Open Swim	6:00-8:30pm Open Swim	7:00-9:00pm Stingray Swim Team Practice			

Swim tests will be conducted the first 10 minutes when the pool opens. Additionally, the last 10 minutes every hour except during break times (3-3:10pm)

LAP SWIM IS FOR SWIMMERS AGES 14 and UP

Safety Breaks:

The Worthington Area YMCA will take a 10 minute break from 3:00-3:10pm on Fridays, Saturdays and Sundays. All patrons are required to exit the water at this time. Lifeguards will blow a long whistle to gather patron's attention for the break.

Swim Test Policy:

The YMCA gives swim tests to all children who intend to swim beyond the divider ropes, between shallow and deep water. Children must earn a deep water band to swim in water 5ft or deeper. The deep water band will be yellow. **To earn a band:** Child must be able to comfortably enter the water, and tread with their head above for 10 seconds. After treading water, they will begin swimming the width of the pool on their stomach with face in the water *using over arm strokes*. This process will be conducted in the presence of YMCA Aquatics Staff. Youth that have already passed the swim test may receive a band from the Front Desk Staff when they check in.

Worthington Area YMCA

1501 Collegeway Worthington, MN 56187

P (507)376-6197 www.ymcaworthington.org



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Special Hours:

Monday September 4th: Labor Day, YMCA is Closed

Saturday September 16th, King Turkey Day: Open Swim 4:00pm-6:00pm

Schools Out Swim Days:

- Wednesday October 18th: 1:00pm-5:00pm
- Thursday October 19th: 1:00pm-5:00pm
- Friday October 20th: 1:00pm-5:00pm
- Wednesday November 22nd: 1:00pm-5:00pm
- Friday November 24th: 1:00pm-5:00pm

Winter Break Open Swim Hours:

1:00pm-5:00pm on the following days:

- Friday December 22
- Tuesday December 26th
- Friday December 29th
- Monday January 1st
- Tuesday January 2nd

Swimming Lesson Sessions Dates:

- Session 1: September 25 – October 19 (Mon/Wed or Tue/Thu)
- Session 2: October 23 – November 16 (Mon/Wed or Tue/Thu)
- Session 3: November 27 – December 20 (Mon/Wed or Tue/Thu)
- Saturday Morning Lessons: September 30 – November 18

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