



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INDOOR POOL SCHEDULE

SCHEDULE EFFECTIVE FROM APRIL 1ST – JUNE 3RD

| Monday  | Tuesday                                       | Wednesday                                     | Thursday                                      | Friday  | Saturday  | Sunday  |
|---|---|---|---|---|---|---|
| 5:45 -7:15 am<br>Adult Lap Swim               | 5:45 -7:15 am<br>Adult Lap Swim               | 5:45 -7:15 am<br>Adult Lap Swim               | 5:45 -7:15 am<br>Adult Lap Swim               | 5:45 -7:15 am<br>Adult Lap Swim               |   |   |
|   |   |   |   |   | 8:30-9:30am<br>Adult Lap Swim   |   |
| 9:00-10:00am<br>Aquanastics                   | 9:00-10:00am<br>Aquanastics                   | 9:00-10:00am<br>Aquanastics                   | 9:00-10:00am<br>Aquanastics                   | 9:00-10:00am<br>Aquanastics                   |   |   |
|   |   |   |   |   | 9:30-10:35am<br>Swimming Lessons  |   |
| 12-1:00pm<br>Adult Lap Swim                   | 12-1:00pm<br>Adult Lap Swim                   | 12-1:00pm<br>Adult Lap Swim                   | 12-1:00pm<br>Adult Lap Swim                   | 12-1:00pm<br>Adult Lap Swim                   |   |   |
|   |   |   |   |   | 1:00-6:30pm<br>Open Swim  |   |
|   |   |   |   | 3:30-5:00pm<br>Open Swim                      |   | 1:15-2:30pm<br>Adult Lap Swim<br>2 Lane Ropes |
| 5:00-6:00pm<br>Adult Lap Swim<br>2 Lane Ropes | 5:00-6:00pm<br>Adult Lap Swim<br>2 Lane Ropes | 5:00-6:00pm<br>Adult Lap Swim<br>2 Lane Ropes | 5:00-6:00pm<br>Adult Lap Swim<br>2 Lane Ropes | 5:00-6:00pm<br>Adult Lap Swim<br>2 Lane Ropes |   | 1:15-5:30pm<br>Open Swim                      |
| 5:20-7:10pm<br>Swim Lessons                   | 6:00-7:05pm<br>Swim Lessons                   | 5:20-7:10pm<br>Swim Lessons                   | 6:00-7:05pm<br>Swim Lessons                   | 6:00-7:30pm<br>Open Swim                      | <b>The YMCA will be closed<br/>Sunday April 1<sup>st</sup> &amp;<br/>Monday May 28<sup>th</sup></b> |   |
| 7:00-8:30pm<br>Open Swim                      | 7:00-8:30pm<br>Open Swim                      | 7:00-8:30pm<br>Open Swim                      | 7:00-8:30pm<br>Open Swim                      |   |   |   |

**Swim tests may 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 to use as STRUCTURED exercise/training time**

**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. **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](http://www.ymcaworthington.org)

*Please refer to the back for further Special Events  
and adjusted time schedules*



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**Schools Out Swim Days:**

- April 2nd: 1:00pm-5:00pm
- May 31st: 1:00pm-5:00pm (School's Out Swim Party)
- June 1st: 1:00pm-5:00pm

**Swimming Lesson Sessions Dates:**

- Spring Session 2: April 9<sup>th</sup> – May 3rd (Mon/Wed or Tue/Thu)
- Spring Session 3: May 7<sup>th</sup> – May 31<sup>st</sup> (Mon/Wed or Tue/Thu)
- Saturday Morning Lessons: April 14<sup>th</sup> – June 2<sup>nd</sup>

**The YMCA will be closed Sunday April 1<sup>st</sup>  
and Monday May 28<sup>th</sup>**