



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INDOOR POOL SCHEDULE

SCHEDULE EFFECTIVE FROM JUNE 3RD – AUGUST 30TH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am-7:15 am <b>Adult Lap Swim</b>	5:45am-7:15 am <b>Adult Lap Swim</b>	5:45am-7:15 am <b>Adult Lap Swim</b>	5:45am-7:15 am <b>Adult Lap Swim</b>	5:45am-7:15 am <b>Adult Lap Swim</b>		
	8:00am-9:00am <b>WAVE Yoga</b>		8:00am-9:00am <b>WAVE Yoga</b>			8:30am-9:30am <b>Adult Lap Swim</b>
9:00am-10:00am <b>Aquanastics</b>	9:00am-10:00am <b>Aquanastics</b>	9:00am-10:00am <b>Aquanastics</b>	9:00am-10:00am <b>Aquanastics</b>	9:00am-10:00am <b>Aquanastics</b>		
9:00am-11:00am <b>Swim Lessons</b>	9:00am-11:00am <b>Swim Lessons</b>	9:00am-11:00am <b>Swim Lessons</b>	9:00am-11:00am <b>Swim Lessons</b>			
10:00 -11:00am <b>WAVE Fit</b>		10:00 -11:00am <b>WAVE Fit</b>				9:30am-11:30am <b>Swim Lessons</b>
12:00pm-1:00pm Adult Lap Swim	12:00pm-1:00pm Adult Lap Swim	12:00pm-1:00pm Adult Lap Swim	12:00pm-1:00pm Adult Lap Swim	12:00pm-1:00pm Adult Lap Swim		
1:00pm-5:00pm <b>Open Swim</b>	1:00pm-5:00pm <b>Open Swim</b>	1:00pm-5:00pm <b>Open Swim</b>	1:00pm-5:00pm <b>Open Swim</b>	1:00pm-5:00pm <b>Open Swim</b>	1:00-6:30pm <b>Open Swim</b>	
5:00pm-6:00pm <b>Adult Lap Swim</b> 2 Lane Ropes	5:00pm-6:00pm <b>Adult Lap Swim</b> 2 Lane Ropes	5:00pm-6:00pm <b>Adult Lap Swim</b> 2 Lane Ropes	5:00pm-6:00pm <b>Adult Lap Swim</b> 2 Lane Ropes	5:00pm-6:00pm <b>Adult Lap Swim</b> 2 Lane Ropes		1:15pm-2:30pm <b>Adult Lap Swim</b> 2 Lane Ropes
5:00pm-7:00pm <b>Swim Lessons</b>	5:00pm-7:00pm <b>Swim Lessons</b>	5:00pm-7:00pm <b>Swim Lessons</b>	5:00pm-7:00pm <b>Swim Lessons</b>			1:15pm-5:30pm <b>Open Swim</b>
				6:00pm-7:30pm <b>Open Swim</b>		
7:00pm-8:30pm <b>Open Swim</b>	7:00pm-8:30pm <b>Open Swim</b>	7:00pm-8:30pm <b>Open Swim</b>	7:00pm-8:30pm <b>Open Swim</b>			

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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1:00pm-5:00pm <b>Open Swim</b>	1:00pm-5:00pm <b>Open Swim</b>	1:00pm-5:00pm <b>Open Swim</b>	1:00pm-5:00pm <b>Open Swim</b>	1:00pm-5:00pm <b>Open Swim</b>	1:00-6:30pm <b>Open Swim</b>	1:15pm-5:30pm <b>Open Swim</b>
6:00pm-8:30pm <b>Open Swim</b>	6:00pm-8:30pm <b>Open Swim</b>	6:00pm-8:30pm <b>Open Swim</b>	6:00pm-8:30pm <b>Open Swim</b>	6:00pm-7:30pm <b>Open Swim</b>		

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