



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INDOOR POOL SCHEDULE

SCHEDULE EFFECTIVE OCTOBER 4<sup>TH</sup> 2021 – MARCH 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-7:15 am Adult Lap & Exercise Time 2 Lane Ropes	5:45-7:15 am Adult Lap & Exercise Time 2 Lane Ropes	5:45-7:15 am Adult Lap & Exercise Time 2 Lane Ropes	5:45-7:15 am Adult Lap & Exercise Time 2 Lane Ropes	5:45-7:15 am Adult Lap & Exercise Time 2 Lane Ropes		
					8:30-9:30am Adult Lap & Exercise Time 2 Lane Ropes	
8:00-9:00am Aquanastics		8:00-9:00am Aquanastics		8:00-9:00am Aquanastics		
12-1:00pm Adult Lap & Exercise Time 2 Lane Ropes	12-1:00pm Adult Lap & Exercise Time 2 Lane Ropes	12-1:00pm Adult Lap & Exercise Time 2 Lane Ropes	12-1:00pm Adult Lap & Exercise Time 2 Lane Ropes	12-1:00pm Adult Lap & Exercise Time 2 Lane Ropes		
					1:30-4:30pm <b>Open Swim</b>	1:30-4:30pm <b>Open Swim</b>
	4:00-6:00pm Swim Team			3:30-6:00pm <b>Open Swim</b>		
5:00-7:00pm Adult Lap & Exercise Time 2 Lane Ropes	6:00-7:00pm Adult Lap & Exercise Time 2 Lane Ropes	5:00-6:30pm Adult Lap & Exercise Time 2 Lane Ropes	5:00-7:00pm Adult Lap & Exercise Time 2 Lane Ropes	5:00-6:00pm Adult Lap & Exercise Time 2 Lane Ropes		1:30-2:30pm Adult Lap & Exercise Time 2 Lane Ropes
5:00-6:50pm Swimming Lessons	6:00-6:45pm Swimming Lessons	5:00-6:50pm Swimming Lessons	5:00-5:45pm Swimming Lessons			
7:00-9:00pm Swim Team		6:30-8:30pm <b>Open Swim</b>	7:00-9:00pm Swim Team			



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### **Adult Lap Swim & Exercise Time**

This time is for adults, age 16 and older to participate in a structured aquatic activity of their choosing. Two lane lines are in place for lap swimmers but the whole pool may be utilized by swimmers. Exercisers may also choose to utilize water aerobics equipment and participate in their own lead exercise routine. If you wish to participate in a non-traditional water activity, please contact the program director before doing so.

### **Safety Breaks:**

The Worthington Area YMCA will take a 10-minute break from 3:00-3:10pm on 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.