



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INDOOR POOL SCHEDULE

SCHEDULE EFFECTIVE FROM JANUARY 2018 – APRIL 7, 2018

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	<i>Swim Meets during the Fall/Winter will happen on Saturdays.</i>	
						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		
					8:30-10:40am 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			
7:00-9:00pm Stingray Swim Team Practice	7:00-8:30pm Open Swim	7:00-8:30pm 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.

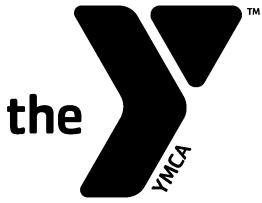
### Swim Test Policy:

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. **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:**

- February 16<sup>th</sup>: 1:00pm-5:00pm
- March 29<sup>th</sup>: 1:00pm-5:00pm
- March 30<sup>th</sup>: 1:00pm-5:00pm
- April 1<sup>st</sup>: 1:00pm-5:00pm

**Swimming Lesson Sessions Dates:**

- Winter Session 1: January 8<sup>th</sup> – February 1<sup>st</sup> (Mon/Wed or Tue/Thu)
- Winter Session 2: February 5<sup>th</sup> – March 1<sup>st</sup> (Mon/Wed or Tue/Thu)
- Spring Session 1: March 5<sup>th</sup> – March 29<sup>th</sup> (Mon/Wed or Tue/Thu)
- Saturday Morning Lessons: January 13<sup>th</sup> – March 3<sup>rd</sup>