

# DOWNTOWN YMCA

## Open Pool Schedule

Effective 1/1/19 - 5/25/19

To ensure you have the opportunity to strengthen your family through quality time together or develop your personal wellness routine in the water, the Y offers the following times for open recreational and lap swimming as part of your membership. During times not listed below, the pools are closed for YMCA swim lessons and/or water exercise classes. Open pool times are subject to change. Current schedules can be found on our Y mobile app, ymcawichita.org, and any YMCA membership desk.

<b>FAMILY RECREATIONAL POOL</b> Times listed below are available for open swim.	
Sunday	6:30A-7:30P
Monday	4:30A-10:00A
	10:45A-12:45P
	1:30P-5:30P
Tuesday	6:15P-10:00P
	4:30A-8:15A
	9:00A-5:30P
Wednesday	6:15P-10:00P
	4:30A-10:00A
	10:45A-12:45P
	1:30P-5:30P
Thursday	7:15P-10:00P
	4:30A-8:15A
	9:00A-5:30P
Friday	6:15P-10:00P
	4:30A-10:00A
	10:45A-12:45P
Saturday	1:30P-9:00P
	6:30A-8:00A
	12:00P-7:30P

<b>LAP POOL</b> Times listed below are available for lap swim only. Minimum available lanes noted.		
Sunday	6:30A-7:30P	8 lanes
Monday	4:30A-10:00P	8 lanes
Tuesday	4:30A-3:00P	8 lanes
	3:00P-4:00P	4 lanes
	4:00P-10:00P	8 lanes
Wednesday	4:30A-10:00P	8 lanes
Thursday	4:30A-3:00P	8 lanes
	3:00P-4:00P	4 lanes
	4:00 P-6:00P	8 lanes
	6:00P-7:00P	6 lanes
	7:00P-10:00P	8 lanes
Friday	4:30A-9:00P	8 lanes
Saturday	4:30A-9:00P	8 lanes
	6:30A-8:00A	8 lanes
	8:00A-9:00A	4 lanes
	9:00A-10:00A	8 lanes
	10:00A-12:00P	6 lanes
	12:00P-7:30P	8 lanes

**FIND WHAT MOVES YOU!**  
Take your schedule on the go with the Y's NEW mobile app! Open Swim, Lap Pool, Group Exercise, Open Gym, and Open Climbing Wall schedules are available for all 9 Greater Wichita YMCAs!




**FEATURES**  
The following features are available during the noted times.

**Play Structure**  
Monday –Friday: 6:30A – 9:00P  
Saturday- Sunday: 1:00P –7:30P

**Hot Tub**  
The Hot Tub is available for members and guests over the age of 18 during regular operating hours.

**OTHER OPTIONS**

**100 Mile Swim Club**  
Record your laps throughout the year and earn a t-shirt for achieving 100 miles. Free to Y members.

**Lap Lengths**  
70 lengths (35 laps) = 1 mile  
35 lengths (17.5 laps) = 1/2 mile  
18 lengths (9 laps) = 1/4 mile

**Pool Temperatures**

Recreational/Therapy	86-88°
Lap Pool	80-84°
Hot Tub	101-104°



### Building Swim Skills

Whether you are a first-time swimmer or you need to improve your existing skills, the Y is here to help you build strong swim skills and confident in the water.

Please contact our Aquatics Director at (316) 264-9374- x5525 about our swim lesson opportunities.

## **FAMILY POOL RULES (all locations)**

- Kids under the ages 8 must be accompanied by a parent/adult (age 18 & up) when using a Y swimming pool, unless in an organized, supervised program such as swim lessons.
- Children under the age of 8 must be in arm's reach of said parent/adult at all times in the water.
- The ratio of children under the age of 8 should not exceed 3:1 in non-program activities.
- Only U.S. Coast Guard approved life jackets and flotation devices are permitted.
- YMCA life jackets are available for small children.
- To ensure safety, check with lifeguard before entering the pool with flotation devices.
- Swimmers **MUST** take a shower before entering the pool.
- Swimmers must wear appropriate swimsuits. No street shoes, street clothes or cut-offs. No jewelry or suits with zippers, rivets or other damaging objects allowed on slides.
- Children not potty-trained **MUST** wear a swim diaper or plastic, leak-proof pants while in the pool.
- Persons with a contagious disease, open sores, infectious conditions are prohibited from swimming.
- No gum, food or drink allowed in the pool. No glass of any kind is allowed.
- No smoking or alcohol is allowed. Individuals under the influence of drugs or alcohol are not permitted.
- No running on pool deck.
- No diving from the side of the pool (unless designated as an approved diving area—available in limited locations).
- This is a family friendly facility, please no intimate contact. Abusive, foul or racial remarks are prohibited.

## **LAP POOL RULES**

- Lap pool is for fitness swimming only
- Choose an appropriate lane for your speed
- At peak times, swim in a circular pattern sharing lanes down on the right, back on the left
- 35 lengths = 1/2 mile, 70 lengths = mile
- Pool is heated and kept at approximately 81-84 degrees