



# POOL SCHEDULE

## NORTH 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. All schedules can be found on our Y mobile app, ymcawichita.org, and any YMCA membership desk. Open pool times are subject to change and schedules for all Greater Wichita YMCA locations are available online at ymcawichita.org.

FAMILY RECREATIONAL POOL		LAP POOL			FEATURES						
Times listed below are available for open swim.		Times listed below are available for lap swim only. Minimum available lanes are noted.									
Sunday	6:30A-12:30P	Sunday	6:30A-7:30P	3 lanes	<p>The following features are available when classes are not in session. Feel free to ask the lifeguards to turn on features during open swim times.</p> <p><b>Water Slide</b> Water Slide will run during open swim times when lifeguards are able to turn it on. Please note that all swimmers who want to use the water slide must be 48" tall.</p> <p><b>Mushroom</b> Mushroom will run during open swim times when lifeguards are able to turn it on.</p> <p><b>Hot Tub</b> The Hot Tub is available for members and guests <b>over the age of 18</b> during regular operating hours. It is closed for cleaning Fridays 9:00-11:00A.</p> <p><b>Dry Sauna</b> The Dry Sauna is available for members and guests <b>over the age of 18</b> during regular operating hours. It is closed for cleaning daily from 2:30-3:00P.</p> <p><b>Wet Sauna</b> The Wet Sauna is available for members and guests <b>over the age of 18</b> during regular operating hours. It is closed for cleaning daily from 2:30-3:00P. Please note that the use of wet towels for the purpose of resetting the steam in the Wet Sauna is not allowed as it can damage the temperature reading systems.</p> <p><b>OTHER OPTIONS</b></p> <p><b>100 Mile Swim Club</b> Record your laps throughout the year and earn a t-shirt for achieving 100 miles. Free to Y members. Ask any lifeguard for details.</p> <p><b>Lap Lengths</b> 70 lengths (35 laps) = 1 mile 35 lengths (17.5 laps) = 1/2 mile 18 lengths (9 laps) = 1/4 mile</p> <p><b>Pool Temperatures</b></p> <table border="0"> <tr> <td>Family Pool</td> <td>87-89°</td> </tr> <tr> <td>Lap Pool</td> <td>80-82°</td> </tr> <tr> <td>Hot Tub</td> <td>101-104°</td> </tr> </table> <p><b>SPLASH</b> An introduction to swimming and water safety skills for 2nd graders in our community. During SPLASH classes part of the family pool will be closed.</p>	Family Pool	87-89°	Lap Pool	80-82°	Hot Tub	101-104°
	Family Pool	87-89°									
	Lap Pool	80-82°									
Hot Tub	101-104°										
12:30P-1:15P (shallow only)	Monday	4:30A-10:00A	3 lanes								
1:15P-7:30P	Monday	10:00A-11:00A	1 lane								
Monday		4:30A-5:30A	11:00A-5:15P	3 lanes							
		6:15A-8:45A (Shallow only)	5:15P-7:30P	1 lane							
		8:45A-9:30A	7:30P-10:00P	3 lanes							
	11:00-12:00P	Tuesday	4:30A-4:15P	3 lanes							
12:00P-1:00P (Shallow only)	4:15P-7:30P		1 lane								
1:00P-10:00P	7:30P-10:00P		3 lanes								
Tuesday	4:30A-8:00A	Wednesday	4:30A-10:00A	3 lanes							
	8:00A-1:00P (shallow only)		10:00A-11:00A	1 lane							
	1:00P-4:15P		11:00A-5:15P	3 lanes							
	8:00P-10:00P	5:15P-7:30P	1 lane								
Wednesday	4:30A-5:30A	Thursday	7:30P-10:00P	3 lanes							
	5:30A-1:00P (shallow only)		4:30A-4:15P	3 lanes							
	1:00P-5:15P		4:15P-7:30P	1 lane							
	7:30P-8:15P (shallow only)	Friday	7:30P-10:00P	3 lanes							
8:15P-10:00P	4:30A-9:45A		3 lanes								
Thursday	4:30A-8:00A		9:45A-11:00A	1 lane							
	8:00A-1:00P (shallow only)	11:00A-9:00P	3 lanes								
	3:15-5:30P	Saturday	6:30A-9:00A	3 lanes							
	7:15-8:00P (shallow only)		9:00A-12:00P	1 lane							
8:00-10:00P	12:00P-7:30P		3 lanes								
Friday	4:30A-5:30A	Saturday									
	5:30A-1:00P (shallow only)										
	3:00P-9:00P										
Saturday	6:30A-9:00A										
	12:00P-1:00P (shallow only)										
	1:00P-7:30P										

#### 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 316-858-9622 for swim lesson opportunities.

Please contact our Aquatics Director at (316) 858-9622 to learn more about our swim lesson opportunities.





# POOL SCHEDULE

## **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