

# NORTHWEST YMCA

## Open Pool Schedule

Effective 1/1/19 through 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>LAP POOL</b> Times listed below are available for lap swim only. Minimum available lanes are noted.			<b>Saturday</b>	6:30A-8:00A	8 lanes	<b>FAMILY RECREATIONAL POOL</b> Times listed below are available for open swim.		
<b>Sunday</b>	6:30A-7:30P	8 lanes		8:00A-10:00A	3 lanes	<b>Sunday</b>	6:30A-7:30P	
<b>Monday</b>	4:30A-5:45A	8 lanes	<b>FEATURES</b> The following features are available during the noted times:  <b>Water Slide</b> Runs during open swim times in Family Pool  <b>Hot Tub</b> The Hot Tub is available for members and guests <b>over the age of 18</b> during regular operating hours. Hot Tub will be closed for cleaning Thursday 8:00-10:30A.  <b>OTHER OPTIONS</b> <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.  <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  <b>Building Swim Skills</b> Whether you are a first-time swimmer or need to improve your existing skills, the Y is here to help you build strong skills and confidence in the water. <b>Private Swim Lessons available.</b>  Contact your Aquatics Director, Tina Stein at (316) 776-8206 or email at Tina.stein@ymcawichita.org for swim lesson opportunities.  <b>FIND WHAT MOVES YOU!</b> Take your schedule on the go with the Y's NEW mobile app! Open Gym, Open Swim, Lap Pool, Group Exercise, and Open Climbing Wall schedules are available for all 9 Greater Wichita YMCAs!	10:00A-11:00A	2 lanes	<b>Monday</b>	4:30A-8:00A	
	5:45A-6:45A	4 lanes		11:00A-7:30P	8 lanes		8:00A-8:45A (shallow only)	
	6:45A-9:30A	8 lanes					8:45A-10:30A	
	9:30A-10:30A	5 lanes					10:30A-11:30A (shallow only)	
	10:30A-3:45P	8 lanes					11:30A-5:00P	
	3:45P-5:30P	1 lane					5:45P-6:30P	
	5:30P-8:00P	2 lanes					6:30P-7:15P (shallow only)	
	8:00P-10:00P	8 lanes					7:15P-10:00P	
<b>Tuesday &amp; Thursday</b>	4:30A-5:45A	8 lanes			<b>Tuesday</b>	4:30A-5:30A		
	5:45A-6:45A	4 lanes				6:15A-5:30P		
	6:45A-9:00A	8 lane				5:30P-7:45P (shallow only)		
	9:00A-10:30A	5 lanes				7:45P-10:00P		
	10:00P-3:45P	8 lanes				<b>Wednesday</b>	4:30A-8:00A	
	3:45P-5:30P	1 lane					8:00A-8:45A (shallow only)	
	5:30P-8:00P	2 lane					8:45A-10:45A	
	7:00P-8:00P	2 lanes					10:45A-11:30A (shallow only)	
8:00P-10:00P	8 lanes			11:30A-5:30P				
<b>Wednesday</b>	4:30A-5:45A	8 lanes			5:30P-7:15P (shallow only)			
	5:45A-6:45A	4 lanes			7:15P-10:00P			
	6:45A-9:30A	8 lanes			<b>Thursday</b>	4:30A-5:30A		
	9:30A-10:30A	5 lanes				6:15A-10:00A		
	10:30A-2:45P	8 lanes				10:00A-10:45a (shallow only)		
	2:45P-5:30P	1 lane				10:45A-5:30P		
	5:30P-8:00P	2 lanes			5:30P-7:45P (shallow only)			
	8:00P-10:00P	8 lanes			7:45P-10:00P			
<b>Friday</b>	4:30A-5:45A	8 lanes			<b>Friday</b>	4:30A-8:00A		
	5:45A-6:45A	4 lanes				8:00A-8:45A (shallow only)		
	6:45A-9:30A	8 lanes				8:45A-10:45A		
	9:30A-10:30A	5 lanes				10:45A-11:30A (shallow only)		
	10:30A-3:45P	8 lanes				11:30A- 9:00P		
	3:45P-5:30P	1 lane				<b>Saturday</b>	6:30A-9:00A	
	5:30P-8:00P	2 lanes					11:45A-7:30P	
	8:00P-9:00P	8 lanes						

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

- Shower before entering any pool/whirlpool.
- Children under age 8 must be accompanied by and within arm's reach of an adult at all times, unless in an organized program such as swim lessons.
- An adult may accompany no more than 3 children under age 8.
- No running. No diving, unless in a designated diving area (limited locations).
- No street shoes on the pool deck.
- Only U.S. Coast Guard approved life jackets and flotation devices are permitted. YMCA life jackets are available for small children.
- Swimmers must wear appropriate swimsuits. No jewelry or suits with zippers, rivets or other damaging objects allowed on slides.
- Children not potty-trained MUST wear a swim diaper while in the pool.
- Persons with a contagious disease, open sores, infectious conditions are prohibited from swimming.
- No smoking, tobacco or alcohol is allowed. Individuals under the influence of drugs or alcohol are not permitted.
- No gum, food or drink allowed in the pool. No glass of any kind allowed.
- This is a family friendly facility, please no intimate contact. Abusive, foul or racial remarks are prohibited.

## **LAP POOL RULES**

- 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