



POOL SCHEDULE

NORTHWEST YMCA Open Pool Schedule Effective 1/1/17 - 5/31/17

To ensure you have the opportunity to strengthen family through quality time together or can develop a 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. For information on lessons, please consult the YMCA Program Guide. For information on water exercise classes, please refer to the Water Exercise schedule found in the literature rack in the lobby. Open pool times are subject to change and schedules for all Greater Wichita YMCA locations are available online at www.ymcawichita.org

LAP POOL Times listed below are available for lap swim only. Minimum available lanes are noted.		
Sunday	6:30A-7:30P	8 lanes
Monday	4:30A-9:30A	8 lanes
	9:30A-10:30A	5 lanes
	10:30A-3:15P	8 lanes
	3:15P-4:15P	2 lanes
	5:45P-8:00P	1 lane
	8:00P-10:00P	8 lanes
Tuesday	4:30A-5:15A	8 lanes
	5:15A-6:45A	4 lanes
	6:45A-10:00A	5 lanes
	10:00A-3:15P	8 lanes
	3:15P-4:15P	2 lanes
	5:45P-8:00P	1 lane
Wednesday	8:00P-10:00P	8 lanes
	4:30A-2:45P	8 lanes
	2:45P-5:00P	2 lanes
Thursday	7:00P-10:00P	8 lanes
	4:30A-5:15A	8 lanes
	5:15A-6:45A	4 lanes
	6:45A-10:00A	5 lanes
	10:00A-3:15P	8 lanes
	3:15P-4:15P	2 lanes
	5:45P-8:00P	1 lane
	8:00P-10:00P	8 lanes
Friday	4:30A-7:15A	8 lanes
	7:15A-10:45A	2 lanes
	10:45P-3:15P	8 lanes
	3:15P-4:15P	2 lanes
	5:45P-9:00P	8 lanes
Saturday	6:30A-8:00A	8 lanes
	8:00A-10:00A	4 lanes
	11:00A-7:30P	8 lanes



FAMILY RECREATIONAL POOL Times listed below are available for open swim.	
Sunday	6:30A-7:30P
Monday	4:30A-8:15A
	8:15A-11:00A (shallow only)
	11:00A-6:30P
	6:30P-7:30P (shallow only)
	7:30P-10:00P
	4:30A-4:45P
Tuesday	8:00P-10:00P
	4:30A-4:45P
Wednesday	8:00P-10:00P
	4:30A-10:00A
	10:00A-11:00A (shallow only)
	11:00A-4:45P
Thursday	7:30P-10:00P
	4:30A-4:45P
	8:00P-10:00P
Friday	4:30A-8:15A
	8:15A-9:00A (shallow only)
	9:00A-11:00A
	11:00A-12:00P (shallow only)
Saturday	12:00P - 9:00P
	6:30A-8:45A
	12:30P-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) 928-2642 about our swim lesson opportunities.

Private Swim Lessons available.

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:

Water Slide
M-Th: 1:00 - 5:00p & 7:15 - 10:00p
Fr: 1:00 - 9:00p
Sa & Su: 11:45a - 7:30p

Hot Tub
The Hot Tub is available for members and guests **over the age of 18** during regular operating hours. Hot Tub will be closed for cleaning Fridays 8:00-10:30A.

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. Ask any lifeguard for details.

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°

SPLASH
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.

Revised 12/13/16

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