

EAST YMCA

Open Pool Schedule

Effective 1/1/2018-3/8/2018

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 water exercise classes, please refer to the Water Exercise schedule which can be found online or at the desk. Open pool times are subject to change and schedules for all Greater Wichita YMCA locations are available online at www.ymcawichita.org

FAMILY RECREATIONAL POOL	
Times listed below are available for open swim.	
Sunday	6:30A-7:30P
Monday	4:30A-11A
	8A-9A (CLOSED 1/29-3/5)
	12P-4:30P
	7:15P-10P
Tuesday	4:30A-11:30A
	8A-9A (CLOSED 1/23-3/6)
	12:30P-4:30P
	7:15P-10P
Wednesday	4:30A-11A
	8A-9A (CLOSED 1/24-3/7)
	12P-4:30P
	7:15P-10P
Thursday	4:30A-11:30A
	8A-9A (CLOSED 1/25-3/8)
	12:30P-4:30P
	7:15P-10P
Friday	4:30A-9A
	8A-9A (CLOSED 1/26 ONLY)
	12:30P-9P
Saturday	6:30A-9A
	11:30A-7:30P

LAP POOL			
Times listed below are available for lap swim only. Minimum available lanes are noted.			
Sunday	6:30A-7:30P	4 Lanes	
Monday	4:30A-5:30A	4 Lanes	
	5:30A-6:30A	2 Lanes	
	6:30A-9A	4 Lanes	
	9A-10A	2 Lanes	
	10A-11A	3 Lanes	
	11A-4:30P	4 Lanes	
	4:30P-5:30P	3 Lanes	
	5:30P-7:15P	1-2 Lanes	
	7:15P-10P	4 Lanes	
	Tuesday	4:30A-4:30P	4 Lanes
9A-11A.		2 Lanes	
11A-4:30P		4 Lanes	
4:30P-5:30P		3 Lanes	
5:30P-7:15P		1 Lanes	
7:15P-10P		4 Lanes	
Wednesday		4:30A-5:30A	4 Lanes
		5:30A-6:30A	2 Lanes
	6:30A-9A	4 Lanes	
	9A-10A	2 Lanes	
	10A-12A	2 Lanes	
	12P-4:30P	4 Lanes	
	5:30P-7:15P	1-2 Lanes	
	7:15P-10P	4 Lanes	
	Thursday	4:30A-4:30P	4 Lanes
		9A-10A	2 Lanes
10A-4:30P		4 Lanes	
4:30P-5:30P		3 Lanes	
5:30P-7:15P		2 Lanes	
7:15P-10P		4 Lanes	
Friday	4:30A-5:30A	4 Lanes	
	5:30A-6:30A	2 Lanes	
	6:30A-9A	4 Lanes	
	9A-10A	2 Lane	
	10A-9P	4 Lanes	
Saturday	6:30A-8:30A	4 Lanes	
	8:30A-9:30A	2 Lanes	
	9:30A-11:30A	3 Lanes	
	11:30A-7:30P	4 Lanes	

FEATURES

The following features are available during the noted times.

Water Slide & Mushroom Fountain

Su - 6:30A—7:30P
M-F - 12:30P—4:30P, 7:15P—10P
Sa - 6:30A - 9A, 12P - 7:30P

Steam Room

The steam room is available for members and guest over the age of 18 during regular operation hours. However, it will be closed for cleaning every day for 15 minutes starting at 3P.

Hot Tub

The Hot Tub is available for members and guests **over the age of 18** during regular operating hours. However, it's closed for cleaning on Monday's at 11:30A.

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	86-89°
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 some family pool features will be closed.

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 stronger swim skills and confidence in the water.

Please contact our Aquatics Director at 316.685.2251 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, goggles 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.
- Must be 42" to ride the slide. If under 42", a lifeguard will require you to take a swim test before using. Swim test includes jumping into the deep end and swimming the length of the deep end on your stomach. If you pass, you may go down the slide.
- No persons can slide down the slide together, unless advised and/or supervised by a swim instructor.

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