



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INDOOR POOL SCHEDULE

SCHEDULE EFFECTIVE FROM OCTOBER 1 – DECEMBER 1, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 -7:15 am Adult Lap Swim 2 Lane Ropes	5:45 -7:15 am Adult Lap Swim 2 Lane Ropes	5:45 -7:15 am Adult Lap Swim 2 Lane Ropes	5:45 -7:15 am Adult Lap Swim 2 Lane Ropes	5:45 -7:15 am Adult Lap Swim 2 Lane Ropes		
					8:30-9:30am Adult Lap Swim 2 Lane Ropes	
9:00-10:00am Aquanastics	9:00-10:00am Aquanastics	9:00-10:00am Aquanastics	9:00-10:00am Aquanastics	9:00-10:00am Aquanastics		
					<i>Swim Meets during the Fall/Winter will happen on Saturdays. Swim meets typically begin at 12:00pm</i>	
12-1:00pm Adult Lap Swim 2 Lane Ropes	12-1:00pm Adult Lap Swim 2 Lane Ropes	12-1:00pm Adult Lap Swim 2 Lane Ropes	12-1:00pm Adult Lap Swim 2 Lane Ropes	12-1:00pm Adult Lap Swim 2 Lane Ropes		
					1:00-6:30pm Open Swim	
	4:00-6:00pm Stingray Swim Team Practice			3:30-5:00pm Open Swim		1:15-2:30pm Adult Lap Swim 2 Lane Ropes
5:00-7:00pm Adult Lap Swim 2 Lane Ropes		5:00-7:00pm Adult Lap Swim 2 Lane Ropes		5:00-6:00pm Adult Lap Swim 2 Lane Ropes		1:15-5:30pm Open Swim
5:35-6:50pm Swim Lessons	6:00-7:00pm Adult Lap Swim 2 Lane Ropes	5:35-6:50pm Swim Lessons	6:00-7:00pm Adult Lap Swim 2 Lane Ropes	6:00-7:30pm Open Swim		
	6:00-7:05pm Swim Lessons		6:00-7:05pm Swim Lessons			
7:00-9:00pm Stingray Swim Team Practice	7:00-8:30pm Open Swim	7:00-8:30pm Open Swim	7:00-9:00pm Stingray Swim Team Practice			
<b>Swim tests will be conducted the first 10 minutes when the pool opens. Additionally, the last 10 minutes every hour except during break times (3-3:10pm)</b>						
<b>LAP SWIM IS FOR SWIMMERS AGES 14 and UP</b>						

**Safety Breaks:**

The Worthington Area YMCA will take a 10 minute break from 3:00-3:10pm on Fridays, Saturdays and Sundays. All patrons are required to exit the water at this time. Lifeguards will blow a long whistle to gather patron's attention for the break.

**Swim Test Policy:**

The YMCA gives swim tests to all children who intend to swim beyond the divider ropes, between shallow and deep water. Children must earn a deep water band to swim in water 5ft or deeper. **To earn a band:** Child must be able to comfortably enter the water, and tread with their head above for 10 seconds. After treading water, they will begin swimming the width of the pool on their stomach with face in the water *using over arm strokes*. This process will be conducted in the presence of YMCA Aquatics Staff. Youth that have already passed the swim test may receive a band from the Front Desk Staff when they check in.



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**Schools Out Swim Days:**

- October 17<sup>th</sup>: 1:00pm-5:00pm
- October 18<sup>th</sup>: 1:00pm-5:00pm
- October 19<sup>th</sup>: 1:00pm-5:00pm
- November 21<sup>st</sup>: 1:00pm-5:00pm
- November 23<sup>rd</sup>: 1:00pm-5:00pm

**Swimming Lesson Sessions Dates:**

- Fall Session 1 begins September 11<sup>th</sup>, ending October 11<sup>th</sup>
- Fall Session 2 begins October 22<sup>nd</sup>, ending November 15<sup>th</sup>
- Fall Session 3 begins November 26<sup>th</sup>, ending December 20<sup>th</sup>

**Home Swim Team Dates:**

- November 3<sup>rd</sup>
- December 15<sup>th</sup>
- January 5<sup>th</sup>
- January 19<sup>th</sup>