



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

SCHEDULE EFFECTIVE FROM JUNE 3RD – AUGUST 30TH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am-7:15 am Adult Lap Swim	5:45am-7:15 am Adult Lap Swim	5:45am-7:15 am Adult Lap Swim	5:45am-7:15 am Adult Lap Swim	5:45am-7:15 am Adult Lap Swim		
	8:00am-9:00am WAVE Yoga		8:00am-9:00am WAVE Yoga			8:30am-9:30am Adult Lap Swim
9:00am-10:00am Aquanastics	9:00am-10:00am Aquanastics	9:00am-10:00am Aquanastics	9:00am-10:00am Aquanastics	9:00am-10:00am Aquanastics		
9:00am-11:00am Swim Lessons	9:00am-11:00am Swim Lessons	9:00am-11:00am Swim Lessons	9:00am-11:00am Swim Lessons			
10:00 -11:00am WAVE Fit		10:00 -11:00am WAVE Fit				9:30am-11:30am Swim Lessons
12:00pm-1:00pm Adult Lap Swim	12:00pm-1:00pm Adult Lap Swim	12:00pm-1:00pm Adult Lap Swim	12:00pm-1:00pm Adult Lap Swim	12:00pm-1:00pm Adult Lap Swim		
1:00pm-5:00pm Open Swim	1:00pm-5:00pm Open Swim	1:00pm-5:00pm Open Swim	1:00pm-5:00pm Open Swim	1:00pm-5:00pm Open Swim	1:00-6:30pm Open Swim	
5:00pm-6:00pm Adult Lap Swim 2 Lane Ropes	5:00pm-6:00pm Adult Lap Swim 2 Lane Ropes	5:00pm-6:00pm Adult Lap Swim 2 Lane Ropes	5:00pm-6:00pm Adult Lap Swim 2 Lane Ropes	5:00pm-6:00pm Adult Lap Swim 2 Lane Ropes		1:15pm-2:30pm Adult Lap Swim 2 Lane Ropes
5:00pm-7:00pm Swim Lessons	5:00pm-7:00pm Swim Lessons	5:00pm-7:00pm Swim Lessons	5:00pm-7:00pm Swim Lessons			1:15pm-5:30pm Open Swim
				6:00pm-7:30pm Open Swim		
7:00pm-8:30pm Open Swim	7:00pm-8:30pm Open Swim	7:00pm-8:30pm Open Swim	7:00pm-8:30pm Open Swim			

Swim tests may be conducted the first 10 minutes when the pool opens. Additionally, the last 10 minutes every hour except during break times (3-3:10pm)

LAP SWIM IS FOR SWIMMERS AGES 14 and UP to use as STRUCTURED exercise/training time

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.

Worthington Area YMCA

1501 Collegeway Worthington, MN 56187
P (507)376-6197 www.ymcaworthington.org

Please refer to the back for further Special Events and adjusted time schedules



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OUTDOOR POOL SCHEDULE

SCHEDULE EFFECTIVE FROM JUNE 3RD – AUGUST 30TH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:00pm-5:00pm Open Swim	1:00pm-5:00pm Open Swim	1:00pm-5:00pm Open Swim	1:00pm-5:00pm Open Swim	1:00pm-5:00pm Open Swim	1:00-6:30pm Open Swim	1:15pm-5:30pm Open Swim
6:00pm-8:30pm Open Swim	6:00pm-8:30pm Open Swim	6:00pm-8:30pm Open Swim	6:00pm-8:30pm Open Swim	6:00pm-7:30pm Open Swim		
<p>Swim tests may be conducted the first 10 minutes when the pool opens. Additionally, the last 10 minutes every hour except during break times (3-3:10pm)</p>						