



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

SCHEDULE EFFECTIVE FROM DECEMBER 1, 2018 – MARCH 31, 2019

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		
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	<i>Swim Meets during the Winter will happen on Saturdays. Swim meets typically begin at 12:00pm</i>	
					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
5:00-6:00pm Adult Lap Swim 2 Lane Ropes		5:00-6:00pm Adult Lap Swim 2 Lane Ropes		5:00-6:00pm Adult Lap Swim 2 Lane Ropes		1:15-5:30pm Open Swim
5:00-7:00pm Swim Lessons	6:00-7:00pm Adult Lap Swim 2 Lane Ropes	5:00-7:00pm 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	7:00-9:30pm Open Swim	7:00-9:30pm Open Swim	7:00-9:00pm Stingray Swim Team Practice			
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)						
LAP SWIM IS FOR SWIMMERS AGES 14 and UP						

Safety Breaks:

The Worthington Area YMCA will take a 10 minute break from 3:00-3:10pm on 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:

- December 21st: 1:00pm-5:00pm
- December 26th: 1:00pm-5:00pm
- December 27th: 1:00pm-5:00pm
- December 28th: 1:00pm-5:00pm
- December 31st: 1:00pm-5:00pm
- January 1st: 1:00pm-5:00pm
- January 21st: 1:00pm-5:00pm
- February 15th: 1:00pm-5:00pm
- February 18th: 1:00pm-5:00pm
- March 25th: 1:00pm-5:00pm

Swimming Lesson Sessions Dates:

- Winter Session 1 begins January 7th, ending January 31st
- Winter Session 2 begins February 11th, ending March 7th
- Spring Session 1 begins March 18th, ending May 18th

Home Swim Team Dates:

- December 15th
- January 5th
- January 19th