

## Competition Pool Lap Lane Availability\*

Summer June 18– August 18, 2018

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am–6:00am	8 lanes	8 lanes	8 lanes	8 lanes	8 lanes		
6:00am–7:00am	4 lanes	4 lanes	4 lanes	4 lanes	4 lanes	<b>Open 7am</b>	
7:00am–8:00am	9 lanes	9 lanes	9 lanes	9 lanes	9 lanes	11 lanes	
8:00am–9:30am	3 lanes	3 lanes	3 lanes	3 lanes	3 lanes	11 lanes	
9:30am–10:00am	9 lanes	11 lanes	9 lanes	11 lanes	9 lanes	11 lanes	
11:00pm–12:00pm	11 lanes	11 lanes	11 lanes	11 lanes	11 lanes	11 lanes	
12:00pm–1:00pm	9 lanes	9 lanes	9 lanes	9 lanes	9 lanes	11 lanes	<b>Open 1 pm</b>
1:00pm–2:00pm	9 lanes	9 lanes	9 lanes	9 lanes	9 lanes	11 lanes	11 lanes
2:00pm–3:30pm	4 lanes	4 lanes	4 lanes	4 lanes	4 Lanes	11 lanes	11 lanes
3:30pm–4:30pm	9 lanes	9 lanes	9 lanes	9 lanes	9 lanes	11 lanes	11 lanes
4:30pm–5:45pm	9 lanes	9 lanes	9 lanes	9 lanes	9 lanes		
5:45pm–6:45pm	9 lanes	7 lanes	9 lanes	7 lanes	9 lanes		
6:45pm–8:30pm	11 lanes	11 lanes	11lanes	11 lanes	11 lanes		

**At Peak Times Swimmers must use Proper Lane Etiquette:  
including the sharing of lanes and circle swimming**

Schedule is Subject to Change for Special Events, The YWCA will post changes to schedule on the website and in locations throughout the building

[www.ywcaws.org](http://www.ywcaws.org)

## Warm Water Pool Availability Summer 2017

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am–8:00am	Open	Open	Open	Open	Open	<b>Open 7am</b>	
8:00 am–8:45am	A.B.C.	Open	A.B.C.	Open	A.B.C.	Open	
9:00am-9:45am	Power Walk 1	Fluid Yoga	Power Walk 1	Fluid Yoga	Power Walk 1	Swim Lessons	
10:00 am–10:45am	Splash Dance	Just my speed	Splash Dance	Just my speed	Splash Dance	Making Waves	
11:00am-11:45am	Just my Speed	Open	Just my Speed	Open	Just my Speed	Open	
12:00pm-12:45pm	Liquid Lunch	Liquid Lunch	Liquid Lunch	Liquid Lunch	Liquid Lunch	Open	Open 1:00pm
12:30pm-5:30pm	Swim Groups	Swim Groups	Swim Groups	Swim Groups	Swim Groups	Open	Open
5:30pm-6:30pm	Making Waves	Swim Lessons	Making Waves	Swim Lessons	Making Waves	<b>Close 4:30</b>	<b>Close 4:30</b>
6:30pm-7:30pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Open		
6:30pm-7:30pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Open		
7:30pm-8:30pm	Open	Open	Open	Open	Open		

All Children under 12 must be accompanied by an adult. Or Pass a swim test to be signed in. Parents must remain within arms distance of small children

All Children must be able to pass a swim test to be in water greater than armpit deep - Please see lifeguard for details.

Puddle Jumpers and Life Jackets are permitted under adult supervision and small children must remain with adults in armpit deep or greater sections of the pool

Puddle Jumpers and Life Jackets are available upon request

Lifeguards are responsible for all swimmers and have final authority in matters of safety

**The Water Park Is a Great Place to Hold a Birthday Party  
Stop by our Front Desk and Reserve a Party Today!**

**For more Information:**

**Please visit our Website [www.ywcaws.org](http://www.ywcaws.org)  
or Contact Heather Candelora [heatherc@ywcaws.org](mailto:heatherc@ywcaws.org)**

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**Water Park can be turned on at Member Request, During Program Free Times– See all shaded times**