



Spring Pool Schedule

Begins: 3/4/2024

MON	TUES	WED	THURS	FRI	SAT
Water Fitness (Joanna) 7:30-8:15a & 8:30-9:15a	Water Fitness (Karen) 7:30-8:15a & 8:30-9:15a	Water Fitness (Brooc) 7:30-8:15a & 8:30-9:15a	Water Fitness (Karen) 7:30-8:15a & 8:30-9:15a	Water Fitness (Ansley) 7:30-8:15a & 8:30-9:15a	Adult Open* 8:00-9:00a
Adult Lap 9:30-10:00a	Adult Lap 9:30-10:00a	Adult Lap 9:30-10:00a	Adult Lap 9:30-10:00a	Adult Lap 9:30-10:00a	Family Swim 9:00-10:00a
Adult Open 10:00-10:30a	Adult Open* Private Lessons 10:00-11:30a	Adult Open 10:00-10:30a	Adult Open* Private Lessons 10:00-11:30a	Adult Open* Private Lessons 10:00-11:30a	Family Swim* 10:15-11:15a
Swim Lessons 10:30a-11:30a Adult Open (Deep Water)		Swim Lessons 10:30a-11:30a Adult Open (Deep Water)			
Adult Open* 11:30a-1:00p	POOL CLOSED	Adult Open* 11:30-2:00p	POOL CLOSED	POOL CLOSED	Birthday Parties 12:00-2:00p
Adult Open* 12:00-2:00p	Adult Open* 12:00-2:00p		Adult Open* 12:00-2:00p	Adult Open* 12:00-1:00p	
Group Swim Lessons 4:00-6:00p Level 4/5/6	Group Swim Lessons 4:00-6:45p Levels 1/2/3/4 & Parent /Child	Group Swim Lessons 4:00-6:00p Level 4/5/6	Group Swim Lessons :00-6:45p Levels 1/2/3/4 & Parent /Child	Family Swim 4:00-5:00p	Youth Swim* 5:15-6:00p
Family Swim 6:00-7:00p	Adult Open*/ Private Lessons 6:30-7:30p	Family Swim 6:00-7:00p	Adult Open*/ Private Lessons 6:30-7:30p	Family Swim 6:00-7:00p	
Adult Open*/ Private Lessons 7:00-7:30p	DEEP END 6:30-6:45p	Adult Open*/ Private Lessons 7:00-7:30p	DEEP END 6:30-6:45p	Adult Open*/ Private Lessons 7:00-7:30p	

Subject to change. Updated 3/6/24

POOL MAX: When the pool is at capacity (24 swimmers), staff may ask participants to limit their time to 30 minutes. Allowing new participants pool time.

*Pool programs subject to closing early if there are no participants present for the last 15 minutes of the program end time

Pool Schedule Information

Water Fitness: Jump right into our Water Fitness classes and build cardiovascular fitness and strength. Just like swimming, water fitness is easy on joints, yet challenging enough to help reach new levels of fitness. The low-impact format of water fitness is suitable for every age and fitness level, from beginning exercisers through elite athletes.

Adult Lap Swim: 4 lanes will be available for 30 minutes of lap swim. If there are more than 4 swimmers, members may need to share lanes

Adult Open & Swim Lessons: Lifeguards will assist in the arrangement of the pool based on exercise needs of those who are present. Two lap lanes are available during most adult open times. During swim lessons, adults may only have access to the deep end and lap swimmers may be asked to swim laps from the blue line to the deep end. Private and/or Group Swim lessons may be occurring during all or part of this scheduled timeframe and take priority of the space needed in the pool.

Family Swim: The pool will be set up for normal usage with the shallow rope in place. Family swim times are for children 15 years of age and younger accompanied by an adult family member. During family swim times, an adult family member (18 or older) must participate in the water with children. When the pool is at capacity (24 swimmers), staff may ask participants to limit time to 30 minutes. Allowing new participants pool time.

Youth Swim (Grades K-8/ages 6+): Parents/guardians may bring their child/ren down to the pool for a 30 minute swim. Children must be signed in and out by their supervising adult when they arrive and when they leave the pool deck. Parents must stay within the building during the swim time but do not need to stay on the pool deck. Children will not be allowed to leave the pool deck without their supervising adult present.

FREE for Y members, community day fee \$3 (6-12 years old) & \$8 (13-15 years old)

Youth Policy: Based on the Y's commitment to safety, youth participation may be restricted based on age, skill and/or height. The Y reserves the right to deny participation, even in the designated shallow area, to unaccompanied youth participants who have not passed the swim test or do not meet the pool specific minimum height requirements. Youth ages 11-16 may participate in adult programs if they are under direct and constant supervision of an adult family member over the age of 18. All participants under the age of 13 are required to wear a swim bracelet while in the pool. Please see the lifeguard on duty for a bracelet and to learn about the swim test.

Birthday Parties: All parties are 1 hour and 30 minutes long on Saturdays or at designated times. Longer or shorter parties are available upon request (fees differ). Parties typically allow for 45 minutes of program access and 45 minutes of time in the Kid Zone area for food, cake/dessert and presents.

Please contact events@wenymca.org for more information or to book a party!

A full list of our member expectations and pool rules can be found at ww.wenymca.org

Please direct any questions or concerns to the Aquatics Coordinator for more information.