



POOL SCHEDULE

MILLS COUNTY YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter Pool Schedule
January 6th—March 2nd

36 laps (1 way) = 1/2 mile

72 laps (1 way) = 1 mile

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
	Lap Swim 5:30-8am	Lap Swim 5:30-8am	Lap Swim 5:30-8am	Lap Swim 5:30-8am	Lap Swim 5:30-8am	OPEN SWIM 8am-3pm <i>SWIM LESSONS 9-11AM</i>		
	<u>Aquacise</u> Janet 6-6:45am Lap Lane Open Rec Side Open	OPEN SWIM 8-11am	ADULT SWIM 6:45-9:30am	OPEN SWIM 8-11am	<u>Aquacise</u> Janet 6-6:45am Lap Lane Open Rec Side Open			
	<u>Aquacise</u> Janet 8-8:45am Lap Lane Open		<u>Aqua Toning</u> Volunteer 8-8:45am Lap Lane Open		<u>Aquacise</u> Janet 8-8:45am Lap Lane Open			
	<u>OWLS</u> 9-9:30am Lap Lane Open		<u>OWLS</u> 9-9:30am Lap Lane Open		<u>OWLS</u> 9-9:30am Lap Lane Open			
OPEN SWIM 12-3pm	OPEN SWIM 9:30-11am		OPEN SWIM 9:30-11am <i>YMCA Preschool Swim 10-11am (Zero Entry Area)</i>		OPEN SWIM 9:30-11am			
			ADULT SWIM 11am-1pm		ADULT SWIM 11am-1pm	ADULT SWIM 11am-1pm	ADULT SWIM 11am-1pm	ADULT SWIM 11am-1pm
			<u>POOL CLOSED</u> 1-4pm		<u>POOL CLOSED</u> 1-4pm	<u>POOL CLOSED</u> 1-4pm	<u>POOL CLOSED</u> 1-4pm	<u>POOL CLOSED</u> 1-4pm
POOL CLOSED SWIM LESSONS 3-4:30pm	OPEN SWIM 4-6:30pm	OPEN SWIM 4-5:30pm (Rec Side Only)	OPEN SWIM 4-8pm	OPEN SWIM 4-5pm (Rec Side Only)	OPEN SWIM 4-7pm			
		Swim Team Lap Side 4:15-5pm		Swim Team Lap Side 4:15-5pm				
		<u>Deep Water</u> Alexis 6:30-7pm Lap Lane Open		POOL CLOSED SWIM LESSONS 5:30-7PM		OPEN SWIM 5-6:30PM		
		OPEN SWIM 7-8pm		OPEN SWIM 7-8pm		POOL CLOSED Swim Lessons 6:30-7pm		
				Open Swim 7-8pm				



POOL SCHEDULE INFORMATION

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Schedule Color Descriptions:

White Blocks: Swim times open for adult lap swim, water walking, and aquatic fitness classes. Please note, evening aquatic fitness classes are family friendly and children may join their parents.

Gray Blocks: Swim times are open for all swimmers, all ages. Water features available upon request. All youth 17 and under must wear a red wrist band while in the pool area. These are available from the life-guard on duty. Please return bands when finished. In order to use the slide or lap area, all swimmers 17 and under must successfully complete the deep water swim test (Jump into deep water, resurface, tread water for 1 minute, swim 25 yards of a forward stroke without stop, exit the pool), after completion a green wrist band will be issued. ***SWIMMERS MUST BE at LEAST 48 INCHES TALL TO USE THE WATER SLIDE (effective 8/25/2017).*** Please note: During Swim Team practice, only the rec side of the pool will be open for open swim, the slide will not be available. **ALL YOUTH 7 AND UNDER, MUST BE ACCOMPANIED IN THE POOL AREA WITHIN ARMS REACH OF AN ADULT AT ALL TIMES.**

Black Blocks: Pool is closed to swimmers. Black out blocks are reserved for cleaning and swim lesson participants.

Pool Descriptions:

Lap Swim: Lap Lanes are reserved for continuous lap swimming, Rec side is open for general exercise.

Open Swim: Pool is open for general swimming for all age groups.

Shared Pool: During shared pool times, youth 17 and under will only be allowed in the shallow side of the pool above the 3 foot area. One lap lane will be available for lap swimming. Water features will not be available during this time.

Adult Swim: Pool is available for those 18 and older only.

