



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WOODRUFF FAMILY YMCA

AQUATIC CENTER SCHEDULE

Effective: January 21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	AM	AM	AM	AM	AM
5:30 Lap Swim 9:00 Ln 1,2,3,4&5 Aqua Walkers Ln 6	5:30 Lap Swim 9:00 Ln 1,2,3,4&5 Aqua Walkers Ln 6	5:30 Lap Swim 9:00 Ln 1,2,3,4&5 Aqua Walkers Ln 6	5:30 Lap Swim 9:00 Ln 1,2,3,4&5 Aqua Walkers Ln 6	5:30 Lap Swim 9:00 Ln 1,2,3,4&5 Aqua Walkers Ln 6	7:00 Lap Swim 11:00 Ln 1,2,3&4 NO GENERAL OPEN SWIM
8:00 Infant Aquatics 10:00 CT Shallow End	8:00 Infant Aquatics CT 10:00 Shallow End	8:00 Infant Aquatics CT 10:00 Shallow End	8:00 Infant Aquatics 10:00 CT Shallow End	6:00 Masters Swim 7:30 Ln 1&2	8:15 YMCA Swim 11:15 Lessons
9:00 Water Fit 10:00 Ln 3,4,5&6	8:30 Aquacise & 9:30 Physical Therapy Ln 6	9:00 Water Fit 10:00 Ln 3,4,5&6	8:30 Aquacise & 9:30 Physical Therapy Ln 6	8:00 Infant Aquatics 10:00 CT Shallow End	9:00 Deep Water 9:45 Fit Deep end closed
10:15 Deep Water Fit 11:15 Deep end closed	9:00 Lane Line Direction 10:00 Change	10:15 Deep Water Fit 11:15 Deep end closed	9:15 Aqua Zumba® 10:00 Ln 4,5&6	9:00 Deep Water Fit 10:00 Deep end closed	11:00 Lap Swim 5:30 Ln 1,2,3&4 General Open Swim
9:00 Rehab & Assoc 11:00 Ln 1	9:15 Aqua Zumba® 10:00 Shallow End	9:00 Rehab & Assoc 11:00 Ln 1	10:15 Deep Water Fit 11:15 Deep End Closed	10:15 Water Fit 11:15 Ln 3,4,5&6	12:00 Infant 4:00 Aquatics CT
9:00 Limited Lap Lane 10:00 Availability	10:15 Deep Water Fit 11:15	9:00 Limited Lap Lane 10:00 Availability		10:00 Lap Swim 11:30 Ln 1,2&3	12:00 Scuba 4:00
11:30 Aqua Zumba® 12:30 Ln 5&6		11:30 Silver Splash® 12:30 Ln 5&6		11:30 Silver Splash® 12:30 Ln 5&6	5:30 CLOSED
PM	PM	PM	PM	PM	SUNDAY
12:00 Lap Swim 7:00 Ln 1,2,3&4	11:30 Lap Swim 8:00 Ln 1,2,3&4	12:00 Lap Swim 8:00 Ln 1,2,3&4	12:00 Lap Swim 7:00 Ln 1,2,3&4	12:00 Lap Swim 7:30 Ln 1,2,3&4	9:00 Lap Swim 11:00 Ln 1,2,3 NO GENERAL OPEN SWIM
3:30 YMCA Swim 7:00 Lessons Ln 5,6& Shallow IACT Ln 6	3:30 YMCA Swim 8:00 Lessons Ln 5,6& Shallow IACT Ln 6	3:30 YMCA Swim Lessons 8:00 Ln 5,6& Shallow IACT Ln 6	3:30 YMCA Swim 7:00 Lessons Ln 5,6& Shallow IACT Ln 6	3:30 YMCA Swim 7:00 Lessons Ln 5,6& Shallow IACT Ln 6	9:15 YMCA Swim 12:30 Lessons
7:00 Lap Swim 8:30 Ln 4&5	8:00 Lap Swim 9:00 1,2,3,4,5&6	8:00 Lap Swim 9:00 Ln 5&6	6:45 Deep Water Fit 7:45 Deep End Closed	7:30 CLOSED	9:30 YMCA & 4:30 American Red Cross Cert Courses
7:00 Aqua Zumba® 8:00 Ln 5&6	9:00 CLOSED	6:45 Deep Water Fit 7:45 Deep End Closed	7:00 Lap Swim 9:00 1,2,3,4,5&6		11:00 General Open 4:30 Swim
7:30 Masters Swim 9:00 Ln 1,2,&3		7:30 Masters Swim 9:00 Ln 1,2,3&4	9:00 CLOSED		12:00 Lap Swim 4:30 Ln 1,2,3 &4
8:30 Lap Swim 9:00 4,5&6		9:00 CLOSED			4:30 CLOSED
9:00 CLOSED					

Schedule is subject to change
Winter I Session Lessons begin Monday January 4
Multiple activities are often scheduled at the Aquatic Center at the same time.

Lap Swimming Tips
Please enter the pool feet first only. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull buoys, etc. before entering the pool.

Directions
If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.

Speed
Please try to choose a lane with swimmers that most nearly match your speed.

FACILITY HOURS
M-Th 5:30am - 9:30pm
Fri 5:30am - 8:00pm
Sat 7:00am - 6:00pm
Sun 9:00am - 5:00pm

CHILD WATCH HOURS
M-F 9:00am - 12:00pm
Sat 8:00am - 12:00pm
Sun 9:00am - 12:00pm
M,T,W 5:00pm - 8:15pm
Thu 4:00pm - 8:15pm
Fri 5:00pm - 7:00pm



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SAFE POOLS HAVE RULES

General

- Pool area is open only when a lifeguard employed by the Woodruff Family YMCA is on duty.
- Children in the pool area under 12 (twelve) years old, must be accompanied by a parent/guardian.
- Personal Flotation Devices, or PFD's, if worn must be approved by the United States Coast Guard.
- A parent/guardian is required to be in the water and within arms reach of any child under 6 years old, or any child wearing a PFD
- Any child under 6 years old who can pass a 25-yard swim test will be permitted in the water without an adult; however the adult must be on the pool deck.
- **State Health Codes require all persons to shower before entering pool.**
- **State Health Codes prohibit urinating, spitting, blowing nose, band-aids, and any person known or suspect to have a communicable disease in the pool.**
- For privacy and sanitary reasons, please refrain from changing children on the pool deck.
- Food and drink (except water in plastic containers) are not allowed in pool area. **NO GLASS**
- Children who are not potty trained must wear a swim diaper / rubber pants AND a bathing suit while swimming or playing in the pools.
- To swim in the deep end all swimmers 6-14 years of age must be able to complete an unassisted, 25-yard non-stop swim and a 30 sec. tread which will be recorded in our log. (Patrons may be asked to complete a swim test at any time.)

Swimming

- Appropriate swimming attire must be worn in the water at all times. Street clothing is strictly prohibited.
(Cotton T-shirts are not allowed in the pool)
- Running, pushing, dunking, and other forms of rough play will not be tolerated
- Do not swim across lap swim lanes and do not hang on ropes or lane lines.
- Toys are allowed in the water at the discretion of the lifeguard. (Inflatable's are not permitted and noodles are not permitted in the deep end)
- YMCA owned pool equipment is for YMCA staff run programs only.
- Kickboards and pull-buoys are available for lap swimmers only, and are to be used solely in the lap lanes.
- Jumping and diving are not permitted in shallow water.
- Lap lanes must be shared. Circle swimming is required when a lane is occupied by 3 (three) or more swimmers.
- **(Swimmers 14 years of age and older only)**

Splash Pool

- Any child under the age of 6 (six) must be supervised by an adult into the splash pool. This adult must be on the pool deck at all times.
- Running in the splash pool is not allowed.
- Standing on the water jets is not permitted.
- All participants are expected to act responsibly; Verbal and/or physical harassment of the staff and/or other persons is prohibited and you will be asked to leave the premises immediately.

Lifeguards are authorized to take appropriate action in order to maintain a safe and enjoyable environment for all.

WOODRUFF FAMILY YMCA

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