

NORTHWEST YMCA

Open Pool Schedule

Effective 1/1/20 - 5/30/20

To ensure you have the opportunity to strengthen your family through quality time together or develop your personal wellness routine in the water, the Y offers the following times for open recreational and lap swimming as part of your membership. During times not listed below, the pools are closed for YMCA swim lessons and/or water exercise classes. All schedules can be found on our Y mobile app, ymcawichita.org, and any YMCA membership desk. Open pool times are subject to change and schedules for all Greater Wichita YMCA locations are available online at ymcawichita.org.

| FAMILY RECREATIONAL POOL | |
|---|------------------------------|
| Times listed below are available for open | |
| Sunday | 6:30A-7:30P |
| Monday | 4:30A-8:00A |
| | 8:00A-8:45A (shallow only) |
| | 8:45A-10:45A |
| | 10:45A-11:30A (shallow only) |
| | 11:30A-5:00P |
| | 5:45P-6:30P |
| | 6:30P-7:15P (shallow only) |
| | 7:15P-10:00P |
| Tuesday | 4:30A-5:30A |
| | 5:30A-6:15A (shallow only) |
| | 6:15A-5:30P |
| | 5:30P-8:00P (shallow only) |
| | 8:00P-10:00P |
| Wednesday | 4:30A-8:00A |
| | 8:00A-8:45A (shallow only) |
| | 8:45A-10:45A |
| | 10:45A-11:30A (shallow only) |
| | 11:30A-5:30P |
| | 5:30P-7:15P (shallow only) |
| Thursday | 4:30A-5:30A |
| | 5:30A-6:15A (shallow only) |
| | 6:15A-5:30P |
| | 5:30P-8:00P (shallow only) |
| | 8:00P-10:00P |
| Friday | 4:30A-8:00A |
| | 8:00A-8:45A (shallow only) |
| | 8:45A-10:45A |
| | 10:45A-11:30A (shallow only) |
| | 11:30A-9:00P |
| | |
| Saturday | 6:30A-9:00A |
| | 11:45A-7:30P |

| LAP POOL | | |
|--|---------------|---------|
| Times listed below are available for lap swim only. Minimum available lanes are noted. | | |
| Sunday | 6:30A-7:30P | 8 lanes |
| Monday | 4:30A-5:30A | 8 lanes |
| | 5:30A-6:45A | 4 lanes |
| | 6:45A-10:00A | 8 lanes |
| | 10:00A-11:00A | 5 lanes |
| | 11:00A-3:15P | 8 lanes |
| | 3:15P-8:00P | 2 lanes |
| | 8:00P-10:00P | 8 lanes |
| | | |
| Tuesday & Thursday | 4:30A-5:30A | 8 lanes |
| | 5:30A-6:45A | 4 lanes |
| | 6:45A-9:00A | 8 lane |
| | 9:00A-10:30A | 5 lanes |
| | 10:30A-3:15P | 8 lanes |
| | 3:15P-8:00P | 2 lanes |
| | 8:00P-10:00P | 8 lanes |
| Wednesday | 4:30A-5:30A | 8 lanes |
| | 5:30A-6:45A | 4 lanes |
| | 6:45A-10:00A | 8 lanes |
| | 10:00A-11:00A | 5 lanes |
| | 11:00A-3:00P | 8 lanes |
| | 3:00P-8:00P | 2 lanes |
| Friday | 4:30A-5:30A | 8 lanes |
| | 5:30A-6:45A | 4 lanes |
| | 6:45A-10:00A | 8 lanes |
| | 10:00A-11:00A | 5 lanes |
| | 11:00A-3:15P | 8 lanes |
| | 3:15P-8:00P | 2 lanes |
| Saturday | 8:00P-9:00P | 8 lanes |
| | 6:30A-8:00A | 8 lanes |
| | 8:00A-11:00A | 2 lanes |
| | 11:00A-7:30P | 8 lanes |

FEATURES

The following features are available during the noted times:

Water Slide

Runs during open swim times in Family Pool

Hot Tub

The Hot Tub is available for members and guests **over the age of 18** during regular operating hours. Hot Tub will be closed for cleaning Monday 7:30A-10:00A.

OTHER OPTIONS

100 Mile Swim Club

Record your laps throughout the year and earn a t-shirt for achieving 100 miles. Free to Y members. Ask any lifeguard for details.

Lap Lengths

70 lengths (35 laps) = 1 mile
 35 lengths (17.5 laps) = 1/2 mile
 18 lengths (9 laps) = 1/4 mile

Building Swim Skills

Whether you are a first-time swimmer or need to improve your existing skills, the Y is here to help you build strong skills and confidence in the water. **Private Swim Lessons available.**

Contact your Aquatics Director, at (316) 776-8206 or email at Tina.stein@ymcawichita.org for swim lesson opportunities.

FIND WHAT MOVES YOU!

Take your schedule on the go with the Y's NEW mobile app! Open Gym, Open Swim, Lap Pool, Group Exercise, and Open Climbing Wall schedules are available for all 9 Greater Wichita YMCAs!



FAMILY POOL RULES (all locations)

- Shower before entering any pool/whirlpool.
- Children under age 8 must be accompanied by and within arm's reach of an adult at all times, unless in an organized program such as swim lessons.
- An adult may accompany no more than 3 children under age 8.
- No running. No diving, unless in a designated diving area (limited locations).
- No street shoes on the pool deck.
- Only U.S. Coast Guard approved life jackets and flotation devices are permitted. YMCA life jackets are available for small children.
- Swimmers must wear appropriate swimsuits. No jewelry or suits with zippers, rivets or other damaging objects allowed on slides.
- Children not potty-trained MUST wear a swim diaper while in the pool.
- Persons with a contagious disease, open sores, infectious conditions are prohibited from swimming.
- No smoking, tobacco or alcohol is allowed. Individuals under the influence of drugs or alcohol are not permitted.
- No gum, food or drink allowed in the pool. No glass of any kind allowed.
- This is a family friendly facility, please no intimate contact. Abusive, foul or racial remarks are prohibited.

LAP POOL RULES

- Choose an appropriate lane for your speed
- At peak times, swim in a circular pattern sharing lanes down on the right, back on the left
- 35 lengths = 1/2 mile, 70 lengths = mile