

# WEST YMCA

## Open Pool Schedule

Effective 1/02/20—05/31/20

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 swim lessons and/or water exercise classes. All schedules are subject to change and can be found on our Y mobile app, ymcawichita.org, and any YMCA membership desk.

<b>FAMILY RECREATIONAL POOL</b> Times listed are available for open swim. During Water Exercise classes and swim lessons, the shallow end will be open for recreational swim only.	
<b>Sunday</b>	6:30A-7:30P
<b>Monday</b>	4:30A-10:00P
<b>Tuesday</b>	4:30A-10:00P
<b>Wednesday</b>	4:30A-10:00P
<b>Thursday</b>	4:30A-10:00P
<b>Friday</b>	4:30A-9:00P
<b>Saturday</b>	6:30A-7:30P

<b>LAP POOL</b> Times listed below are available for lap swim. Minimum available lanes are noted.		
<b>Sunday</b>	6:30A-7:30P	3 lanes
<b>Monday</b>	4:30A-8:00A	3 lanes
	8:00A-9:00A	1 lane
	9:00A-5:30P	3 lanes
	5:30P-7:45P	2 lanes
	7:45P-10:00P	3 lanes
<b>Tuesday</b>	4:30A-9:00A	3 lanes
	9:00A-10:00A	2 lanes
	10:00A-5:30P	3 lanes
	5:30P-7:45P	2 lanes
	7:45P-10:00P	3 lanes
<b>Wednesday</b>	4:30A-8:00A	3 lanes
	8:00A-9:00A	1 lane
	9:00A-5:30P	3 lanes
	5:30P-7:45P	2 lanes
	7:45P-10:00P	3 lanes
<b>Thursday</b>	4:30A-9:00AA	3 lanes
	9:00A-10:00A	2 lanes
	10:00A-5:30P	3 lanes
	5:30P-7:45P	2 lanes
	7:45P-10:00P	3 lanes
<b>Friday</b>	4:30A-8:00A	3 lanes
	8:00A-9:00A	2 lanes
	9:00A-9:00P	3 lanes
<b>Saturday</b>	6:30A-7:30P	3 lanes

### CONNECT THROUGH OUR FREE APP



Find FULL SCHEDULES for our locations as well as workouts, rewards, support tools, and much more in our FREE app.

**SEARCH FOR "WICHITA YMCA APP"**

### FEATURES:

The following features are available during the noted times.

#### Water Slide and Mushroom

These features will alternately run during open swim times when asked by member/guest to turn on. The features will not run during swim lessons and water exercise classes.

#### Hot Tub

The Hot Tub is available for members and guests 18+ during regular operating hours. Hot Tub is closed for cleaning on Friday at 1-3:00P.

#### Lap Lengths

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

### OTHER OPPORTUNITIES:

#### 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.

#### Building Swim Skills

Whether you are a new 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) 776-8146 for swim lesson opportunities.

## **FAMILY POOL RULES (all locations)**

- Kids under the ages 8 must be accompanied by a parent/adult (age 18 & up) when using a Y swimming pool, unless in an organized, supervised program such as swim lessons.
- Children under the age of 8 must be in arm's reach of said parent/adult at all times in the water.
- The ratio of children under the age of 8 should not exceed 3:1 in non-program activities.
- Only U.S. Coast Guard approved life jackets and flotation devices are permitted.
- YMCA life jackets are available for small children.
- To ensure safety, check with lifeguard before entering the pool with flotation devices.
- Swimmers **MUST** take a shower before entering the pool.
- Swimmers must wear appropriate swimsuits. No street shoes, street clothes or cut-offs. No jewelry or suits with zippers, rivets or other damaging objects allowed on slides.
- Children not potty-trained **MUST** wear a swim diaper or plastic, leak-proof pants while in the pool.
- Persons with a contagious disease, open sores, infectious conditions are prohibited from swimming.
- No gum, food or drink allowed in the pool. No glass of any kind is allowed.
- No smoking or alcohol is allowed. Individuals under the influence of drugs or alcohol are not permitted.
- No running on pool deck.
- No diving from the side of the pool (unless designated as an approved diving area—available in limited locations).
- This is a family friendly facility, please no intimate contact. Abusive, foul or racial remarks are prohibited.

## **LAP POOL RULES**

- Lap pool is for fitness swimming only
- 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
- Pool is heated and kept at approximately 81-84 degrees