

# SOUTH 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 below are available for open swim.	
<b>Sunday</b>	6:30A-10:30A
	11:30A-7:30P
<b>Monday</b>	4:30A-5:00A
	6:00A-8:00A
	1:15P-5:00P
	7:00P-10:00P
<b>Tuesday</b>	4:30A-5:00A
	6:00A-9:00A
	10:00A-11:30A
	1:15P-5:00P
	7:00P-10:00P
<b>Wednesday</b>	4:30A-5:00A
	6:00A-8:00A
	12:30P-5:00P
	7:00P-10:00P
<b>Thursday</b>	4:30A-5:00A
	6:00A-9:00A
	12:30P-5:00P
	7:00P-10:00P
<b>Friday</b>	4:30A-5:00A
	6:00A-8:00A
	1:30P-9:00P
<b>Saturday</b>	6:30A-8:45A
	12:15P-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-5:15P	3 lanes
	5:15P-7:00P	1 lane
	7:00P-10:00P	3 lanes
<b>Tuesday</b>	4:30A-8:00A	3 lanes
	8:00A-8:45A	1 lane
	8:45A-6:00P	3 lanes
	6:00P-7:00P	1 lane
<b>Wednesday</b>	4:30A-5:00P	3 lanes
	5:00P-7:00P	1 lane
	7:00P-10:00P	3 lanes
<b>Thursday</b>	4:30A-8:00A	3 lanes
	8:00A-8:45A	1 lane
	8:45A-6:00P	3 lanes
	6:00P-7:00P	1 lane
<b>Friday</b>	4:30A-6:00P	3 lanes
	7:00P-9:00P	3 lanes
	8:15P-10:00P	3 lanes
<b>Saturday</b>	6:30A-9:00A	3 lanes
	9:00A-12:00P	1 lane
	12:00P-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

Runs during open swim times when lifeguards are available to turn on.

#### Hot Tub

The Hot Tub is available for members and guests 18+ during regular operating hours.

#### Lap Lengths

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

#### Pool Temperatures

Recreational/Therapy: 86-88°  
Lap Pool: 80-84°  
Hot Tub: 101-104°

### 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 Swim Coordinator at (316) 942.5511 for swim lesson opportunities.

## **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