

# NORTHWEST YMCA

## Open Pool Schedule

### Effective 8/17/20 through 10/31/20

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.

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

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

**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!




**FEATURES**  
The following features are available during the noted times:

**Water Slide**  
Open during open swim times

**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 Thursday 8:00-10:30A.

**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) 776-8224 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