

# EAST YMCA

## Open Pool Schedule

Effective 9/8/20—10/31/20

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.	
<b>Sunday</b>	6:30A-6:30P
<b>Monday</b>	4:30A-10:00A
	12:30P-4:30P
	4:30P-6:15P (Shallow Only)
	6:15P-8:30P
<b>Tuesday</b>	4:30A-10:00A
	12:30P-4:30P
	4:30P-6:15P (Shallow Only)
	6:15P-8:30P
<b>Wednesday</b>	4:30A-10:00A
	12:30P-4:30P
	4:30P-6:15P (Shallow Only)
	6:15P-8:30P
<b>Thursday</b>	4:30A-9:00A
	12:30P-4:00P
	4:00P-6:15P (Shallow Only)
	6:15P-8:30P
<b>Friday</b>	4:30A-9:00A
	10:00A-11:30A
	12:30P-8:30P
<b>Saturday</b>	6:30A-6:30P

<b>LAP POOL</b> Times listed below are available for lap swim. Minimum available lanes are noted.		
<b>Sunday</b>	6:30A-6:30P	4 Lanes
<b>Monday</b>	4:30A-9:00A	4 Lanes
	9:00A-10:00A	2 Lanes
	10:00A-4:00P	4 Lanes
	4:00P-7:15P	3 Lanes
	7:15P-8:30P	4 Lanes
<b>Tuesday</b>	4:30A-9:00A	4 Lanes
	9:00A-10:00A	2 Lanes
	10:00A-4:00P	4 Lanes
	4:00P-7:15P	3 Lanes
<b>Wednesday</b>	4:30A-4:00P	4 Lanes
	4:00P-7:15P	3 Lanes
	7:15P-8:30P	4 Lanes
<b>Thursday</b>	4:30A-9:00A	4 Lanes
	9:00A-10:00A	2 Lanes
	10:00A-4:00P	4 Lanes
	4:00P-7:15P	3 Lanes
	7:15P-8:30P	4 Lanes
<b>Friday</b>	4:30A-9:00A	4 Lanes
	9:00A-10:00A	2 Lanes
	10:00A-8:30P	3 Lanes
<b>Saturday</b>	6:30A-8:30A	4 Lanes
	8:30A-11:30A	2 Lanes
	11:30A-6:30P	4 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

Su | 6:30A-7:30P  
M-F | 12:30-4:30P, 7:15-10:00P  
Sa | 6:30-9:00A, 12-7:30P

#### Steam Room

Available for members and guests 18+ during regular operation hours. However, it will be closed for cleaning every day from 3-3:15P.

#### Hot Tub

The Hot Tub is available for members and guests 18+ during regular operating hours. Hot Tub is closed for cleaning Monday at 11:30A.

#### 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, Rachel Smith at (316) 685.2251 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, goggles 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.
- Must be 42" to ride the slide. If under 42", a lifeguard will require you to take a swim test before using. Swim test includes jumping into the deep end and swimming the length of the deep end on your stomach. If you pass, you may go down the slide.
- No persons can slide down the slide together, unless advised and/or supervised by a swim instructor.

## **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