

# NORTH 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. During Water Group Exercise classes, only the shallow end will be open for recreation swim.	
<b>Sunday</b>	6:30A-6:30P
<b>Monday</b>	4:30A-12:00P
	12:00P-8:30P
<b>Tuesday</b>	4:30A-12:00P
	12:00P-5:00P
	7:00P-8:30P
<b>Wednesday</b>	4:30A-12:00P
	12:00P-5:00P
	7:00P-8:30P
<b>Thursday</b>	4:30A-5:00P
	7:00P-8:30P
<b>Friday</b>	4:30A-12:00P
	12:00P-8:30P
<b>Saturday</b>	6:30A-9:00A
	12:00P-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	3 Lanes
<b>Monday</b>	4:30A-10:00A	3 Lanes
	10:00A-11:00A	1 Lane
	11:00A-8:30P	3 Lanes
<b>Tuesday</b>	4:30A-10:00A	3 Lanes
	10:00A-11:00A	1 Lane
	11:00A-8:30P	3 Lanes
<b>Wednesday</b>	4:30A-9:00A	3 Lane
	9:00A-10:00A	1 Lane
	10:00A-8:30P	3 Lanes
<b>Thursday</b>	4:30A-10:00A	3 Lanes
	10:00A-11:00A	1 Lanes
	11:00A-8:30P	3 Lanes
<b>Friday</b>	4:30A-10:00A	3 Lanes
	10:00A-11:00A	1 Lane
	11:00A-8:30P	3 Lanes
<b>Saturday</b>	6:30A-6:30P	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

Will run during open swim times when lifeguards are available to turn them on. Please note that all swimmers who want to use the water slide must be 48" tall.

#### Hot Tub, Sauna & Steam Room

The Hot Tub is available for members and guests 18+ during regular operating hours. The Steam room and Sauna will be closed daily 2:30-3:00P, and the Hot Tub will be closed Fridays 2:00-4:00P for cleaning.

#### 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, Rebecca Clark at (316)776.8308 or email [Rebecca.clark@ymcawichita.org](mailto:Rebecca.clark@ymcawichita.org) 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