

# WESTSIDE YMCA POOL SCHEDULE - July 1- 31 Splash & Slide

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00-6:00 Splash and Play Open Slide is Open 1:00-4:00pm	10:00-12:45pm <b>Splash Pool</b> Open NO Slide	10-12:45pm <b>Splash Open</b> Splash Open <b>3:00-7:00pm</b>	10:00-12:45pm Splash Pool <b>Open</b>	10:00-12:45pm Splash & Play <b>Open</b>	10:00-1:15pm	CLOSED
6:00-7:00	4:00-7:00 Splash Pool	Slide Open 4:00-5:00pm	3:15-7:00pm Splash Pool	3:15-6:00 Splash & Play	Splash & Play Open	
Splash & Play Open	Open	No Slide	Open	Open	10:00-1:15pm	
			No Slide	4:00-6:00	Slide Open	
				Slide Open		
				Aquatic Manager Colin Norton cnorton@lansingymca.org 517-827-9678		

## WESTSIDE YMCA AQUATIC INFORMATION

### SWIM LESSONS

Next Registration August 19 members August 21 non-members Classes begin September 9th

#### LAP SWIM

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We ask that all be respectful of others and share lanes as needed. Lap Swim is available for those ages 12 and up who are continuously swimming end to end. Walkers and Exercise lap lane users are restricted to Lane 1 and 2 and must share lanes during high usage times.

#### YOUTH SWIMMERS

All swimmers under the age of 13 must take the YMCA swim test prior to entering the pool. The test consists of 1/2 length on their front, 1/2 on their back and ability to tread water for 30 seconds.

Ages 4 & under: Must have a parent in the water with the child. Ages 5-8 years old: Must have parent in the water with the child Ages 9-11 years old: Must have parent on the deck. Children under 52 inches tall who are not being directly supervised by a parent will be required to wear a lifejacket.

#### Water Aerobics Arthritis Mon-Wed-Fri 8am-9am

Water Aerobics Tuesday-Thursday 9am-10:00am

Each class requires no swimming ability. Arthritis class is geared towards improved flexibility and less aerobic activity.