



## **WESTSIDE YMCA AQUATIC INFORMATION**

### **SWIM LESSONS**

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

### **LAP SWIM**

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.

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