



WESTSIDE YMCA POOL SCHEDULE - Oct 1-31 Lap Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-8:00am Lap Swim (All Lanes)	6:00-9:00am Lap Swim (All Lanes)	6:00-8:00am Lap Swim (All Lanes)	6:00-9:00a Lap Swim (All Lanes)	6:00-8:00am Lap Swim (All Lanes)	7:00-12:00pm Lap Swim (All Lanes)	
8:00-9:00am Water Aerobics No Lap Lanes	9:00-10:00am Water Aerobics No Lap Lanes	8:00-9:00am Water Aerobics No Lap Lanes	9:00-10:00am Water Aerobics No Lap Lanes	8:00-9:00am Water Aerobics No Lap Lanes	12:00-2:00pm 3 Lap Lanes (2 Lanes Family)	7:00-12:00pm Lap Swim (All Lanes)
9:00am-5:00pm Lap Swim 5 Lanes	10:00-5:00pm Lap Swim (All Lanes)	9:00a-5:00pm Lap Swim (All Lanes)	10:00-5:00pm Lap Swim (All Lanes)			12-2:00pm 3 Lanes Lap 2 Lanes Family
		5:00-7:00pm Lap Swim 3 Lanes 5:00-7:00pm 2 Lanes Lessons	5:00-7:00pm Lap Swim 4 Lanes 1 Lane Lessons	9:00-4:00pm Lap Swim (All Lanes) 4:00-6:00pm Lap Swim 3 Lanes 2 Lanes Family Swim		
5:00-7:00pm Lap Swim 3 Lanes 2 Lanes Lessons	5:00pm-7:00pm Lap Swim 3 Lanes 2 Lanes Lessons					
				Regional Aquatic Director Theresa Sheridan tsheridan@lansingymca.org 517 827-9680		

WESTSIDE YMCA AQUATIC INFORMATION

SWIM LESSONS

Next Registration: Oct 7th for Members @ 12p Oct. 9th for non-members @ 12pm Classes begin week of Oct. 21

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 users will be asked to share lanes limit use to Lane 1 or 2 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 9-12 years old: Must have parent in the building

Ages 13 and may use facility without supervision

Children under 48 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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