



WESTSIDE YMCA POOL SCHEDULE - Oct. 1-31 Splash & Slide

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4-7p Splash and Play Open	4-7p Splash Pool Open	4-7p Splash Pool Open	4-7pm Splash Pool Open	1:00-6:00pm Splash Pool Open		
*No Slide	No Slide	Slide 6-7pm	*No Slide	4-6pm	10-2pm Splash & Play Open	11-2:00pm Splash Pool OPEN
						Slide 12-2pm
					Slide 12-2p	
				Regional Aquatic Director Theresa Sheridan tsheridan@lansingymca.org		

WESTSIDE YMCA AQUATIC INFORMATION

SWIM LESSONS

Next Registration October 7th for members @ 12p October 9th for members @ 12pm Classes begin October 21st

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 on the deck

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.