



# DOWNTOWN YMCA

## Open Pool Schedule

Effective 9/3/19 – 12/31/19

To ensure you have the opportunity to strengthen family through quality time together or can develop a wellness routine in the water, 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 YMCA swim lessons and/or water exercise classes. For information on lessons, please consult the YMCA Program Guide. For information on water exercise classes, please refer to the Water Exercise schedule found in the literature rack in the lobby. Open pool times are subject to change and schedules for all Greater Wichita YMCA locations are available online at [www.ymcawichita.org](http://www.ymcawichita.org).

FAMILY RECREATIONAL POOL Times listed below are available for open swim.		LAP POOL Times listed below are available for lap swim only. Minimum available lanes are noted.			<b>FIND WHAT MOVES YOU!</b> Take your schedule on the go with the Y's NEW mobile app! Open Swim, Lap Pool, Group Exercise, Open Gym, and Open Climbing Wall schedules are available for all 9 Greater Wichita YMCAs! <div>   </div>
Sunday	6:30A-3:00P	Sunday	6:30A-7:30P	8 lanes	
	3:00P-3:45P Shallow only	Monday	4:30A-5:00A	8 lanes	<b>FEATURES</b> The following features are available during the noted times.  <b>Play Structure</b> Monday –Friday: 6:30A – 9:00P Saturday- Sunday: 1:00P –7:30P  <b>Hot Tub</b> The Hot Tub is available for members and guests over the age of 18 during regular operating hours.  <b>OTHER OPTIONS</b>  <b>100 Mile Swim Club</b> Record your laps throughout the year and earn a t-shirt for achieving 100 miles. Free to Y members.  <b>Lap Lengths</b> 70 lengths (35 laps) = 1 mile 35 lengths (17.5 laps) = 1/2 mile 18 lengths (9 laps) = 1/4 mile  <b>Pool Temperatures</b> Recreational/Therapy 86-88° Lap Pool 78-81° Hot Tub 101-104°
	3:45P-7:30P		5:00A-6:00A	6 lanes	
Monday	4:30A-10:00A		6:00A-6:15P	8 lanes	
	11:00A-12:00P		6:15P-8:45P	5 lanes	
	12:45P-5:30P		8:45P-10:00P	8 lanes	
	7:15P-10:00P	Tuesday	4:30A-10:00P	8 lanes	
Tuesday	4:30A-8:15A	Wednesday	4:30A-5:30P	8 lanes	
	9:00A-5:30P		5:30P-7:15P	6 Lanes	
	6:15P-10:00P		7:15PP-10:00P	8 Lanes	
Wednesday	4:30A-10:00A	Thursday	4:30A-10:00P	8 lanes	
	11:00A-12:00P	Friday	4:30A-10:00P	8 lanes	<b>Building Swim Skills</b> Whether you are a first-time swimmer or you need to improve your existing skills, the Y is here to help you build strong swim skills and confident in the water.  Please contact Warren, our Aquatics Director at (316) 776-8008 about swim lesson opportunities.
	12:45P-5:15P	Saturday	6:30A-10:00A	8 lanes	
	7:15P-10:00P		10:00A-12:00P	6 Lanes	
Thursday	4:30A-8:15A		12:00P-7:30P	8 Lanes	
	9:00A-5:30P				
	6:15P-10:00P				
Friday	4:30A-10:00A				
	10:45A-12:00P				
	12:45P-5:30P				
	5:30P-6:15P Shallow Only				
	6:15P-9:00P				
Saturday	6:30A-8:00A				
	9:00A-10:00A				
	12:00P-7:30P				

## **FAMILY POOL RULES (all locations)**

- Kids under the ages 8 must be accompanied by a parent/adult (age 18 & up) when using a Y swimming pool, unless in an organized, supervised program such as swim lessons.
- Children under the age of 8 must be in arm's reach of said parent/adult at all times in the water.
- The ratio of children under the age of 8 should not exceed 3:1 in non-program activities.
- Only U.S. Coast Guard approved life jackets and flotation devices are permitted.
- YMCA life jackets are available for small children.
- To ensure safety, check with lifeguard before entering the pool with flotation devices.
- Swimmers **MUST** take a shower before entering the pool.
- Swimmers must wear appropriate swimsuits. No street shoes, street clothes or cut-offs. No jewelry or suits with zippers, rivets or other damaging objects allowed on slides.
- Children not potty-trained **MUST** wear a swim diaper or plastic, leak-proof pants while in the pool.
- Persons with a contagious disease, open sores, infectious conditions are prohibited from swimming.
- No gum, food or drink allowed in the pool. No glass of any kind is allowed.
- No smoking or alcohol is allowed. Individuals under the influence of drugs or alcohol are not permitted.
- No running on pool deck.
- No diving from the side of the pool (unless designated as an approved diving area—available in limited locations).
- This is a family friendly facility, please no intimate contact. Abusive, foul or racial remarks are prohibited.

## **LAP POOL RULES**

- Lap pool is for fitness swimming only
- 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
- Pool is heated and kept at approximately 81-84 degrees