

# NORTH YMCA

## Open Pool Schedule

### Effective 9/3/19 – 12/31/19

To ensure you have the opportunity to strengthen your family through quality time together or develop your personal 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. All schedules can be found on our Y mobile app, [ymcawichita.org](http://ymcawichita.org), and any YMCA membership desk. Open pool times are subject to change and schedules for all Greater Wichita YMCA locations are available online at [ymcawichita.org](http://ymcawichita.org).

<b>FAMILY RECREATIONAL POOL</b>	
Times listed below are available for open swim. During Water Group Exercise classes the shallow end will be open for recreation swim only	
<b>Sunday</b>	6:30A–12:00P
	1:00P–7:30P
<b>Monday</b>	4:30A–5:30A
	6:15–8:00A
	10:00A–12:00P
	1:00P–10:00P
<b>Tuesday</b>	4:30A–8:00A
	10:00A–12:00P
	1:00P–5:00P
	8:00P–10:00P
<b>Wednesday</b>	4:30A–5:30A
	6:15A–8:00A
	10:00A–12:00A
	1:00P–5:00P
	8:00P–10:00P
<b>Thursday</b>	4:30A–8:00A
	11:45A–1:00P
	1:00P–5:00P
	8:00P–10:00P
<b>Friday</b>	4:30A–5:30A
	6:15A–8:00A
	10:00A–12:00P
	1:00P–9:00P
<b>Saturday</b>	6:30A–9:00A
	1:00P–7:30P

<b>LAP POOL</b>		
Times listed below are available for lap swim only. Minimum available lanes are noted.		
<b>Sunday</b>	6:30A–7:30P	3 lanes
<b>Monday</b>	4:30A–10:00A	3 Lanes
	10:00A–11:00A	1 lanes
	11:00A–10:00P	3 lanes
<b>Tuesday</b>	4:30A–6:00P	3 lanes
	6:00P–7:15P	1 lane
	7:15P–10:00P	3 lanes
<b>Wednesday</b>	4:30A–10:00A	3 lanes
	10:00A–11:00A	1 lane
	11:00A–10:00P	3 lanes
<b>Thursday</b>	4:30A–6:00P	3 lanes
	6:00P–7:15P	1 lane
	7:15P–10:00P	3 lanes
<b>Friday</b>	4:30A–10:00A	3 lanes
	10:00A–11:00A	1 lane
	11:00A–9:00P	3 lanes
<b>Saturday</b>	6:30A–10:00A	3 lanes
	10:00A–11:15A	1 lane
	11:15A–7:30P	3 lanes

#### **Building Swim Skills**

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 confidence in the water.

Please contact our Aquatics Director Rebecca Clark at [Rebecca.clark@ymcawichita.org](mailto:Rebecca.clark@ymcawichita.org) or (316)776-8308 to learn more about our swim lesson opportunities.

#### **FIND WHAT MOVES YOU!**

Take your schedule on the go with the Y's NEW mobile app! Open Gym, Open Swim, Lap Pool, Group Exercise, and Open Climbing Wall schedules are available for all 9 Greater Wichita YMCAs!



#### **FEATURES**

The following features are available when classes are not in session. Feel free to ask the lifeguards to turn on features during open swim times.

#### **Water Slide and Mushroom**

Water Slide and mushroom will run during open swim times when lifeguards are able to turn them on. Please note that all swimmers who want to use the water slide must be 48" tall.

#### **Hot Tub**

The Hot Tub is available for members and guests **over the age of 18** during regular operating hours. It is closed for cleaning Fridays 2:00–4:00P.

#### **Dry Sauna**

The Dry Sauna is available for members and guests **over the age of 18** during regular operating hours. It is closed for cleaning daily from 2:30–3:00P. The Dry Sauna is kept around 176–194 degrees Fahrenheit.

#### **Wet Sauna**

The Wet Sauna is available for members and guests **over the age of 18** during regular operating hours. It is closed for cleaning daily from 2:30–3:00P. Please note that the use of wet towels for the purpose of resetting the steam in the Wet Sauna is not allowed as it can damage the temperature reading systems. The Wet Sauna is kept around 110 degrees Fahrenheit.

#### **OTHER OPTIONS**

#### **100 Mile Swim Club**

Record your laps throughout the year and earn a t-shirt for achieving 100 miles. Free to Y members. Ask any lifeguard for details.

#### **Lap Lengths**

70 lengths (35 laps) = 1 mile  
 35 lengths (17.5 laps) = 1/2 mile  
 18 lengths (9 laps) = 1/4 mile

**SPLASH** An introduction to swimming and water safety skills for 2nd graders in our community. During SPLASH classes part of the family pool will be closed.

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

- Shower before entering any pool/whirlpool.
- Children under age 8 must be accompanied by and within arm's reach of an adult at all times, unless in an organized program such as swim lessons.
- An adult may accompany no more than 3 children under age 8.
- No running. No diving, unless in a designated diving area (limited locations).
- No street shoes on the pool deck.
- Only U.S. Coast Guard approved life jackets and flotation devices are permitted. YMCA life jackets are available for small children.
- Swimmers must wear appropriate swimsuits. No jewelry or suits with zippers, rivets or other damaging objects allowed on slides.
- Children not potty-trained MUST wear a swim diaper while in the pool.
- Persons with a contagious disease, open sores, infectious conditions are prohibited from swimming.
- No smoking, tobacco or alcohol is allowed. Individuals under the influence of drugs or alcohol are not permitted.
- No gum, food or drink allowed in the pool. No glass of any kind allowed.
- This is a family friendly facility, please no intimate contact. Abusive, foul or racial remarks are prohibited.

## **LAP POOL RULES**

- 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