



# Two Rivers YMCA Pool Schedule - Winter 1

January 7-February 6

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Cool Pool Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
5:00-7:25	LAP Swim	5:00-8:00	LAP Swim	5:00-7:25	LAP Swim	5:00-7:55	LAP Swim	5:00-7:25	LAP Swim	7:00-8:25	LAP Swim
7:30-8:15	Class/Adult Shallow	8:00-9:00	Class/Adult Deep	7:30-8:15	Class/Adult Shallow	8:00-9:00	Class/Adult Deep	7:30-8:15	Class/Adult Shallow	8:30-9:30	CLOSED/Class
8:15-9:30	CLOSED/Class	9:00-10:30	LAP Swim	8:15-9:30	CLOSED/Class	9:00-10:30	LAP Swim	8:15-9:30	CLOSED/Class	9:30-10:15	Open/LAP
9:35-10:25	LAP Swim	10:30-11:15	Class/LAP	9:30-10:30	LAP Swim	10:30-12:00	Class/LAP	9:30-10:25	LAP Swim	10:15-11:00	CLOSED/Lessons
10:30-11:30	Class/Adult Deep	11:15-1:00	LAP Swim	10:30-11:30	Class/Adult Deep	12:00-4:00	Open/LAP	10:30-11:30	Class/Adult Deep	11:00-12:30	Lessons/LAP
11:30-1:00	LAP Swim	1:00-4:00	Open/LAP	11:30-1:00	LAP Swim	4:00-5:00	Class/Adult Shallow	11:30-1:00	LAP Swim	12:30-4:30	Open/LAP
1:00-4:00	Open/LAP	4:00-5:00	Class/Adult Shallow	1:00-4:30	Open/LAP	5:00-6:00	Lessons/LAP	1:00-9:00	Open/LAP	<b>SUNDAY</b>	
4:00-5:30	Open/LAP	5:00-6:00	Lesson/LAP	4:30-6:00	Lessons/LAP	6:00-8:00	CLOSED/Tri-Swim			7:00-4:30	Open/LAP
5:30-6:15	Lesson/LAP	6:00-6:45	Lessons/Lap*	6:00-9:00	Open/LAP	8:00-9:00	Open/LAP				
6:15-8:00	Masters Swim/Lap*	6:45-9:00	Open/LAP	In February 6-7pm = HEAT! (High Energy Aquatic Training)							
8:00-9:00	Open/LAP										

## Warm Pool Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
7:00-8:15	Adult Only	7:00-8:25	Adult Only	7:00-8:15	Adult Only	7:00-8:25	Adult Only	7:00-8:15	Adult Only	8:00-8:50	Adult Only
8:15-9:00	Class/Adult Deep	8:30-9:15	CLOSED/Class	8:15-9:00	Class/Adult Deep	8:30-9:15	CLOSED/Class	8:15-9:00	Class/Adult Deep	8:55-10:00	Lesson/Adult Deep
9:00-10:30	Open	9:30-11:15	Open	9:00-10:30	Open	9:15-11:10	CLOSED/Group	9:00-10:30	Open/CC Swim**	10:00-11:00	Family/Adult
10:30-12:00	CLOSED/Class	11:15-12:00	Class/Adult Deep	10:30-12:00	CLOSED/Class	11:10-12:00	Class/Adult Deep	10:30-12:00	CLOSED/Class	11:00-12:00	Lesson/Adult Deep
12:00-1:00	Family/Adult	12:00-2:00	Family/Adult	12:00-1:00	Family/Adult	12:00-2:00	Family/Adult	12:00-1:00	Family/Adult	12:00-4:30	Open
1:00-3:45	CLOSED/Group	2:00-4:00	CLOSED	1:00-5:00	CLOSED/Group	2:00-4:00	CLOSED	1:00-5:00	CLOSED/Group		
3:45-5:00	Open	4:00-5:00	Open	5:00-9:00	Open	4:00-5:30	Open	5:00-5:30	ADULT ONLY	<b>SUNDAY</b>	
5:00-5:30	Lessons/Adult Deep	5:00-6:00	Lessons/Adult Deep			5:30-6:00	Lesson/Adult Deep	5:30-6:30	CLOSED/Class	10:00-4:30	Open
5:30-6:30	CLOSED/Class	6:00-7:00	Open			6:00-7:00	Open	6:30-8:00	Open		
6:30-7:00	Lessons/Adult Deep	7:00-8:00	CLOSED/AiChi			7:00-8:00	CLOSED/AiChi				
7:00-9:00	Open	8:00-9:00	Open			8:00-9:00	Open				

• **PLEASE NOTE:** \*Availability of Lap Lanes may change due to class enrollment. During times of heaviest usage by lesson or water exercise participants, lap lanes will be reduced. In order to accommodate large lesson and exercise class enrollments, lap lanes MAY NOT be available. \*LAP=At least one guaranteed lane for lap swim

\*\* CC= Child Care. This is when the children from our Preschool may swim.

- More than 2 people in a lane requires circle swim. • Adult swim times are for ages 18+
- Family swim= persons under age 18 must be accompanied by an adult IN THE WATER with them.
- A private lesson or staff training may occasionally enter pools at any time.

### Help Us Keep Your Child Safe!



1. Children under the age of 8 MUST be accompanied by an adult IN THE WATER within arms-reach at all times.
2. To enter the deep end in either pool, children under the age of 16 must pass swim test and wear swim test bracelet.
3. Inflatable pool toys including floaties are not permitted.
4. Following lessons, children must be picked up by a responsible adult.

### BUILD A SKILL - SAVE A LIFE

Upcoming Red Cross Lifeguard Courses

• Feb 9-13 • March 9-13 • April 13-17 • April 27-May 1

New "Blended Learning" Lifeguard Class format. Required online e-learnings must be completed before classroom sessions. ARC has also introduced several new skills this year so guards recertifying should plan to complete the full course.