



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATIC SCHEDULE

## MANITOWOC-TWO RIVERS Y

**Main Pool**  
**INSTR POOL**

**Sunday**  
**7th**

**Monday**  
**8th**

**Tuesday**  
**9th**

**Wednesday**  
**10th**

**Thursday**  
**11th**

**Friday**  
**12th**

**Saturday**  
**13th**

**April 7<sup>th</sup> -**  
**April 13<sup>th</sup>**

**\*\*SCHEDULE IS**  
**SUBJECT TO CHANGE**  
**WITHOUT NOTICE\*\***

Multiple activities are  
often scheduled in the  
pool at the same time.

Open swim may have  
lap swimmers in lanes  
1-4, please be  
courteous of space for  
them.

All children under the  
age of 8 need an adult  
in the pool with child.  
All children 8 -12 need  
an adult in the pool  
area at all times.

**\*\*please check Y App**  
**daily for any updates.**

**Pool**  
**Opens @**  
**9am**

**Main Pool**  
**9 – 1030am**  
**ALL LANES**  
**LAP SWIM**

**1030-145pm**  
**Lap 5/6**  
**Open 1-4**

**INSTR Pool**  
**11am – 1:30pm**  
**Family Swim**

**Main Pool**  
**2pm-5pm**  
**Laps 5/6**

**Classes**  
**Lanes 1-4**

**Pool opens**  
**@ 7am**

**MAIN POOL**  
**7am – 11am**  
**Lanes 5/6**  
**Lap Swim**  
**Lanes 1 – 4**  
**Open**

**INSTR POOL**  
**930-1030**  
**Deep end**  
**Open**

**1015-1045**  
**Water Arthritis**

**11 – 1145**  
**H2O Fusion**

**MAIN POOL**  
**12pm – 1pm**  
**Lap Swim**  
**ALL Lanes**

**MAIN POOL**  
**1pm – 715pm**  
**Lanes 5/6**  
**Lap Swim**  
**Lanes 1 – 4**  
**Open**

**MAIN POOL**  
**5:00-730am**  
**Lap Swim**  
**(all lanes)**

**MAIN POOL**  
**730-945am**  
**Open1-4**  
**Lap 5-6**

**Main Pool**  
**Water Jog**  
**Lanes 1-4**  
**945-1030am**  
**Lap 5/6**

**INSTR POOL**  
**930-1030**  
**Open**

**1030-11am**  
**Water Yoga**

**11-12**  
**open**

**Main POOL**  
**1030-12pm**  
**Lap lanes 5/6**  
**Open 1-4**

**MAIN POOL**  
**12pm-1 pm**  
**Lap only**  
**(all lanes)**

**POOLS**  
**CLOSED**  
**1pm – 3pm**  
**Cleaning**

**MAIN POOL**  
**3pm-7pm**  
**Lap swim 5/6**  
**Open 1-4**

**MAIN POOL**  
**5AM-7AM**  
**LAP SWIM**  
**ALL LANES**

**MAIN POOL**  
**7AM-12pm**  
**Open 1-4**  
**Lap 5-6**

**INSTR POOL**  
**930-11**  
**Open**

**11 – 1145**  
**H2O Fusion**

**MAIN POOL**  
**12pm -1pm**  
**Lap Swim**  
**(all lanes)**

**Main Pool**  
**1p-7pm**  
**Lap swim**  
**lanes 5/6**  
**Open**  
**Lanes 1-4**

**MAIN POOL**  
**5-730AM**  
**Lap Swim**  
**(all lanes)**

**MAIN POOL**  
**730am-945am**  
**Open 1 -4**  
**Lap 5-6**

**Main Pool**  
**Water jog**  
**945-1030am**  
**LANES 1-4**  
**LAP 5/6**

**Main Pool**  
**1030-12pm**  
**Lap 5/6**  
**Open lanes**  
**1-4**

**INSTR POOL**  
**11am -**  
**1145AM**  
**H2O FITNESS**  
**INSTR CHOICE**

**MAIN POOL**  
**12pm -1pm**  
**Lap Swim**  
**All lanes**

**MAIN POOL**  
**1pm-7pm**  
**LAP 5/6**  
**Open 1-4**

**INSTR POOL**  
**530-7pm**  
**Family swim**

**MAIN POOL**  
**Opens 7AM**

**MAIN POOL**  
**7am-1030am**  
**Lap 5/6**  
**Open 1 - 4**

**MAIN POOL**  
**CLOSED FOR**  
**LG BREAK**  
**1030am – 11am**

**MAIN POOL**  
**11AM-12PM**  
**LAP 5/6**  
**OPEN 1-4**

**MAIN POOL**  
**LAP ONLY**  
**12pm-1pm**  
**All lanes**

**POOLS CLOSE**  
**@ 1PM**

**Opens at 9am**

**March 9<sup>th</sup>**  
**Main Pool**  
**9am-11am**  
**Lap Swim all**  
**Lanes**

**11am-130pm**  
**Lap lanes 5/6**  
**Open 1-4**

**INSTR POOL**  
**11-130pm**  
**Family Swim**

**Manitowoc-Two Rivers Y**

205 Maritime Drive, Manitowoc, WI 54220

P 920 682 0341 F 920 682 2620 mtrymca.org



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**POOL SCHEDULE IS SUBJECT TO CHANGE \*\*please check y app daily for schedule\*\***

## **GENERAL SWIM**

Staff reserves the right to limit the amount of patrons in the pool at any time.

During lap swim, patrons must be swimming laps in a north to south movement.

Proper swim attire must be worn at all times and is subject to YMCA attire rules.

Please follow Pool Rules posted on walls of both pools.

## **FAMILY SWIM**

A parent **MUST** be *in the water* at all times with the youth.

Anyone using a floatation device **MUST** be within arms lengths of a parent. The floatation device must be Coast Guard Approved. Arm floats are **NOT** allowed.

## **OPEN SWIM**

Under 8 years of age... an adult **MUST** be in the pool with child. IF the child is wearing ANY floatation device, the adult must be within arm's reach **AT ALL TIMES**.

Ages 8 – 11 years of age... an adult **MUST** be in the pool area, actively supervising. If child(ren) are using flotation devices an adult must be in the water and within arm's reach.

Must be 12 years old to be in the pool without a parent in the pool area.

## **SWIM TEST**

Swim tests will be given to anyone in either pool where a guard sees a questionable swimmer or anyone under the age of 16.

Swim 1 length of the pool (25 yards) using front crawl with eyes in the water.

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1 minute of treading water in deep end of the pool.

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