



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATIC SCHEDULE

## MANITOWOC-TWO RIVERS Y

Main Pool  
INSTR POOL

June 17<sup>th</sup> –  
June 29<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.

**WHIRLPOOL**  
Max capacity of 8.  
Must be 18 to use  
Please shower  
before using

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 Y360  
App daily for any  
updates.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

CLOSED

ON

SUNDAY

Pool opens  
@ 7am

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

**INSTR POOL**  
1030-11  
Water Arthritis

11 – 1145  
H2O Fusion

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

**INSTR POOL**  
Family /Open  
Swim  
1-230

**MAIN POOL**  
1pm – 330pm  
Lanes 5/6  
Lap Swim  
Lanes 1 – 4  
Open

**MAIN POOL**  
330-415pm  
Lap 5/6  
Swim Classes  
lanes 1 – 4pm

Main Pool  
415pm-715pm  
Lap Lanes  
5/6  
Open 1-4

**MAIN POOL**  
5:00-645am  
Lap Swim  
(all lanes)

Swim Team  
645-815  
Lanes 4-6  
Open Lanes  
1-3

**MAIN POOL**  
815-9am  
Open1-4  
Lap 5-6  
9-940  
Swim class  
Lanes 1-4  
Laps 5/6  
Main Pool  
Water Jog  
Lanes 1-4  
945-1030am  
Lap 5/6

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

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

**MAIN POOL**  
1pm-230pm  
Swim Team  
All lanes

**INSTR POOL**  
1-3:30pm  
Open/Family  
Main Pool  
3-515pm  
Lap 5/6  
Open 1-4

515-600  
Swim Class  
Lanes 1-4  
Laps 5/6

6-630  
Open 1-4

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

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

**INSTR POOL**  
830-930  
Adult H2O  
Volleyball

930 -11am  
Adult Only  
Swim

11 – 1145  
H2O Fusion

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

Main Pool  
1p-330pm  
Lap swim  
lanes 5/6  
Open  
Lanes 1-4

330-415pm  
Swim Class  
Lanes 1-4  
Laps 5/6

400-5pm  
Laps 5/6  
Swim Class  
lanes  
1-4

Swim Team  
5-630pm  
All lanes

**MAIN POOL**  
5-645AM  
Lap Swim  
(all lanes)

Swim Team  
645-815  
Lanes 4-6  
Open lanes  
1-3

**MAIN POOL**  
815am-9am  
Open 1 -4  
Lap 5-6

9-940  
Swim Class  
Lanes 1-4  
Laps 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**  
11 -1145AM  
H2O FITNESS  
INSTR CHOICE

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

**MAIN POOL**  
1pm-230pm  
Swim Team  
All lanes

**MAIN POOL**  
230-4pm  
LAP 5/6  
Open 1-4

**MAIN POOL**  
Opens 7AM

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

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

1pm-3pm  
Laps 5/6  
Open 1-4

**INSTR POOL**  
10am-2pm  
Family/open  
Swim

**THURSDAY**  
**MAIN POOL**  
4-5pm  
Swim Class  
Lanes 1-4  
Lap 5/6

Main Pool  
5-7pm  
Lap 5/6  
Open 1-4

**INSTR POOL**  
1-3:30pm  
Teen Swim  
Ages 12-15

4pm-630pm  
Family Swim

Main Pool  
Open 8am

Main Pool  
8am – 11am

Lap Swim  
Lanes 3-6  
Open lanes  
1 -2

### Manitowoc-Two Rivers Y

205 Maritime Drive, Manitowoc, WI 54220

P 920 682 0341 F 920 682 2620 mtrymca.org



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## **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.

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

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