



# **AQUATIC SCHEDULE**

## **MANITOWOC-TWO RIVERS Y**

Main Pool INSTR POOL	Sunday 31 <sup>st</sup>	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
March 31st – April 6th		Pool opens @ 7am	MAIN POOL 5:00-730am Lap Swim (all lanes)	MAIN POOL 5AM-7AM LAP SWIM ALL LANES	MAIN POOL 5-730AM Lap Swim (all lanes)	MAIN POOL Opens 7AM	Opens at 9am
**SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE***	March 31 YMCA CLOSED Happy Easter	MAIN POOL 7am – 11am Lanes 5/6 Lap Swim	MAIN POOL 730-945am Open1-4 Lap 5-6	MAIN POOL 7AM-12pm Open 1-4 Lap 5-6	MAIN POOL 730am-945am Open 1 -4 Lap 5-6	MAIN POOL 7am-1030am Lap 5/6 Open 1 - 4	Main Pool 9am-12pm Lap Swim lanes 5/6 Classes lanes
Multiple activities are often scheduled in the pool at the same time.		Lanes 1 - 4 Open INSTR POOL 930-1030	Main Pool Water Jog Lanes 1-4 945-1030am Lap 5/6	INSTR POOL 930-11 Open 11 - 1145	Main Pool Water jog 945-1030am LANES 1-4 LAP 5/6	MAIN POOL CLOSED FOR LG BREAK 1030am - 11am	1 – 4 12am-3pm Lap lanes 5/6 Open 1-4
Open swim may have lap swimmers in lanes 1-4, please be courteous of space for		Deep end Open 1015-1045 Water Arthritis	INSTR POOL 930-1030 Open	H20 Fusion  MAIN POOL	Main Pool 1030-12pm Lap 5/6 Open lanes	MAIN POOL 11AM-12PM LAP 5/6 OPEN 1-4	INSTR POOL 1pm-3pm Family Swim
them.		11 - 1145 H20 Fusion	1030-11am Water Yoga 11-12 open	12pm -1pm Lap Swim (all lanes)	1-4 INSTR POOL 11am - 1145AM	MAIN POOL LAP ONLY 12pm-1pm All lanes	
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		MAIN POOL 12pm – 1pm Lap Swim ALL Lanes	Main POOL 1030-12pm Lap lanes 5/6 Open 1-4	Main Pool 1p-7pm Lap swim lanes 5/6 Open Lanes 1-4	MAIN POOL 12pm -1pm Lap Swim All lanes	POOLS CLOSE @ 1PM	
area at all times.  **please check Y App		MAIN POOL 1pm - 715pm Lanes 5/6 Lap Swim Lanes 1 - 4	MAIN POOL 12pm-1 pm Lap only (all lanes)		MAIN POOL 1pm-7pm LAP ONLY Lanes 5/6		
daily for any updates.		Open	POOLS CLOSED 1pm - 3pm Cleaning		APRIL 4 <sup>th</sup> 1pm – 7pm Lanes 1 – 4 Closed for		
			MAIN POOL 3pm-7 pm Lap swim 5/6 Open 1-4		Mtwc Cty Dive & Rescue Trainnig		
					INSTR POOL 530-7pm Family swim		



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.

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