WADSWORTH YMCA LAP POOL SCHEDULE

Winter 1: January 7 – February 15, 2025

- Lap Swimming and Water Fitness is available for all ages in designated lanes.
- Please limit your workout to an hour if others are waiting to swim / sharing lanes is encouraged.
- Open swimming is available in the open area (Lanes 7 & 8) when no programs are using lanes.
- *Schedule subject to change* /Lap Pool has 8 lanes total and is a 25-yard pool.

Monday - Thursday

Lap Pool Open 5:40am-2:30pm & 5:30pm-8:30pm

High School Swim Team Practice uses entire pool while closed

High School Swim Team: (4-5 lanes) Tuesday and Thursday 5:40-7:00am

Water Aerobics (4 lanes) M-R 9:30-10:30am & Thurs 7:30-8:30am

High School Gym Class: (3 Lanes) Mon-Fri between 1:30 and 2:15pm

Waves Youth Swim Team: (5 Lanes) 5:45pm-8:15pm (6 lanes on Monday)

Swim Lessons: Tuesday & Thursday (2 lanes) 5:30pm-7:00pm

Friday

Lap Pool Open 5:40am-2:30pm & 5:30pm-7:00pm

High School Swim Team Practice uses entire pool while closed

Water Aerobics (4 lanes) 8:30-9:30am

Homeschool Swim Lessons (3 lanes) 10:00am-1:00pm

High School Gym Class: (3 lanes) 1:30-2:15pm

Saturday

Lap Pool Open 8:00am - 3:30pm

High School Swim Team Practice 6:00-8:00am entire pool

Swim Lessons (2-4 lanes) 8:45am-12:00pm

Please watch for schedule changes for swim meets, scuba rentals, etc.

Sunday

Lap Pool Open 12:15pm - 3:30pm

Family Open Swim Lanes 7 & 8 (any day when classes not present).

Lap Pool Locker Rooms are closed when Lap Pool is Closed
Please contact the Aquatics Office if you have any questions – Enjoy your swim!

WADSWORTH YMCA
623 School Drive
Wadsworth, OH
44281
Ph: 330 334 9622

akronymca.org

WADSWORTH YMCA REC POOL SCHEDULE

Winter 1: January 7 – February 15, 2025

Age Policy: Children 5 & under must be <u>accompanied by an adult,</u> dressed to swim, into the pool, within arm's reach. Children 6-10 years old must have a supervising adult on the pool deck or in the water. All swimmers ages 1 through 12 must also wear a swim band on their wrist to identify their swimming ability to the lifeguard. *Pool Hours Subject to Change*

Weekday Open Swims:

Monday: 12:00pm-7:30pm

Tuesday: 10:00am-1:00pm & 3:30-4:45pm & 6:45-7:30pm

Wednesday: 10:00am-1:00pm & 3:30pm-7:30pm

Thursday: 10:00am-1:00pm & 3:30-4:45pm & 6:45-7:30pm

Friday: 10:00am - 7:30pm

Weekend Open Swims:

Saturday: 11:30am – 3:30pm

Sunday: 12:15pm – 3:30pm

Swim Lessons Only:

Tuesday and Thursday: 4:45-6:45pm

Saturday: 9:00-11:30am

SAFE POOLS HAVE RULES

1. Swimming without a lifeguard is prohibited.
2. Breath-holding activities and horseplay are not permitted in Y pools and will not be tolerated.
3. Use of dive masks that cover the nose, inflatables and mono-fins is prohibited.
4. Keep all chairs in their proper locations and against the wall at all times.
5. **Shower before you enter the pool / Proper swimming attire must be worn at all times.**
6. Running on the deck, locker rooms, showers or hallways is not permitted.
7. **Food, pop, gum or candies are not permitted in the Aquatics Center – NO GLASS or CERAMIC MUGS!**
8. Y equipment is reserved for Y instructor use only. / Starting blocks are only to be used with a Y Coach.
9. Children 5 and under must have an adult in the water within arm's reach in order to go swimming.
10. Children must pass a swim test before they are permitted in the deep end.
11. Dive only where permitted. Enter the water feet first and facing forward.
12. Hanging on the float lines, starting block or lap lanes is not permitted.
13. Persons with bandages, open cuts and wounds are not allowed in the pool.
14. ALL swimmers ages 1-13 wear color-coded swim band in the pool area based on swimming ability/swim test.
15. **The lifeguard's word is final.**