



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

**DOW WESTSIDE YMCA STARTING AUGUST 13TH  
CLOSING FOR SEASON: NOVEMBER 17<sup>TH</sup>**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-9:00am Lap/Open (1-6)	5:30-9:00am Lap/Open (1-6)	5:30-9:00am Lap/Open (1-6)	5:30-9:00am Lap/Open (1-6)	5:30-9:00am Lap/Open (1-6)	9:00am-4:0pm Lap/Open (1-6)	1:30-4:30pm Lap/Open (1-6)
3:00-7:30pm Lap (1-2) Swim Team (4-6)	3:00-7:30pm Lap (1-2) Swim Team (4-6)	3:00-7:30pm Lap (1-2) Swim Team (4-6)	3:00-7:30pm Lap (1-2) Swim Team (4-6)	3:00-7:30pm Lap (1-2) Swim Team (4-6)		

**Please swim in proper lanes and areas.**

- Please review pool rules
- Lanes are listed within the parentheses
- Please refer to the lifeguard on duty if you have any questions regarding the pool schedule areas designated for each program

#### Lap Swimming Tips

Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull buoys, etc. before entering the pool.

#### Directions

If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.

#### Speed

Please try to choose a lane with swimmers that most nearly match your speed.

#### Cold Weather Guidelines

Air temperature must be above 40 degrees for the pool to open.

**Pool will be closing on November 17 for the season.**