



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Southside YMCA Lap Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Pool Opens at 5:00 am	Pool Opens at 5:00 am	Pool Opens at 5:00 am	Pool Opens at 5:00 am	Pool Opens at 5:00 am	Pool Opens at 8:00 am	
5:00 am-8:30 am	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	
8:30 am-10:00 am	Lap Swim Sw. Lessons	Lap Swim Sw. Lessons	Lap Swim Sw. Lessons	Lap Swim Sw. Lessons	Lap Swim Open Swim	Lap Swim Sw. Lessons	
10:00 am-11:00 am	Aqua Fit Aqua Fit	Aqua Fit Aqua Fit	Aqua Fit Aqua Fit	Aqua Fit Aqua Fit	Aqua Fit Aqua Fit	Lap Swim Sw. Lessons	
11:00 am-12:15 pm	Lap Swim Sw. Lessons	Lap Swim Sw. Lessons	Lap Swim Sw. Lessons	Lap Swim Sw. Lessons	Lap Swim Open Swim	Lap Swim Sw. Lessons	Pool Opens at 1:00 pm
12:15 pm-3:00 pm	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Pool Closes at 2:30 pm	Lap Swim Open Swim
3:00 pm-4:00 pm	Lap Swim Sw. Lessons	Pool Closed for Cleaning	Lap Swim Sw. Lessons	Pool Closed for Cleaning	Lap Swim Open Swim		Lap Swim Open Swim
4:00pm-5:00pm	Lap Swim Sw. Lessons	Lap Swim Sw. Lessons	Lap Swim Sw. Lessons	Lap Swim Sw. Lessons	Lap Swim Open Swim		Pool Closes at 4:30 pm
5:00pm-6:00pm	Lap Swim Sw. Lessons	Lap Swim Sw. Lessons	Lap Swim Sw. Lessons	Lap Swim Sw. Lessons	Lap Swim Open Swim		
6:00pm-7:00pm	Aqua Fit Aqua Fit	Lap Swim Sw. Lessons	Aqua Fit Aqua Fit	Lap Swim Sw. Lessons	Pool Closes at 6:30 pm		
7:00 pm – 7:30 pm	Lap Swim Sw. Lessons	Lap Swim Sw. Lessons	Lap Swim Sw. Lessons	Lap Swim Sw. Lessons			
7:30pm-8:30pm	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim			
	Pool Closes at 8:30 pm	Pool Closes at 8:30 pm	Pool Closes at 8:30 pm	Pool Closes at 8:30 pm			

****No swimming during Aqua Fit classes****

Age Guidelines:

- **All children under the age of 13 must take a swim test in order to swim at the pools.**
- Any nonswimmer will be accompanied by parent or guardian in the pool.
- Any child who cannot stand in water 3' 6" will be accompanied by parent or guardian in the pool.
- If the child is 5 years old and younger, the parent must accompany the child in the pool.
- Any child under 10 must be accompanied by parent or guardian in the pool area.
- Any child 10 to 14 years must have a parent or guardian in the facility. Parent or guardian must sign in child with the lifeguard.
- Anyone 15 years or older may be in the pool area alone.
- **Lifejacket policy – if a child is required by the lifeguard to wear a PFD (personal flotation device) the parent must accompany them in the pool, REGARDLESS of their age.**