



# POOL SCHEDULE

# HEALTHY LIVING

Effective September 8 through October 4

\*\*\*Swim lessons begin September 13

	Lap Swim	Open Swim*	Water Fitness	Lessons/Specialty ***
<b>Monday</b>	5:15am-7:45am (lap only) 9:30am-12:00pm 12:00pm-1:00pm (lap only) 1:00pm-8:45 pm	1:00pm-3:25pm 6:30pm-8:45pm (Make a Wave)	7:45am-8:35am (Shallow Water) 8:35am-9:25am (Deep H2O Fit)	3:30-5:00 Stroke Clinic 5:15-6:30 Lessons
<b>Tuesday</b>	5:15am-7:45am (lap only) 9:30am-12:00pm 12:00pm-1:00pm (lap only) 1:00pm-6:00pm 6:45pm-8:45pm	1:00pm-4:10pm 6:50pm-8:45pm (Make a Wave)	7:45am-8:35am (Shallow Water) 8:35am-9:25am (Deep H2O Fit) 6:00pm-6:50pm (H2O Fit)	4:15-6:15 Lessons
<b>Wednesday</b>	5:15am-7:45am (lap only) 9:30am-12:00pm 12:00pm-1:00pm (lap only) 1:00pm-8:45 pm	1:00pm-3:25pm 6:00pm-8:45pm (Make a Wave)	7:45am-8:35am (Shallow Water) 8:35am-9:25am (Shallow Water)	3:30-5:00 Stroke Clinic 5:15-6:30 Lessons
<b>Thursday</b>	5:15am-7:45am (lap only) 9:30am-12:00pm 12:00pm-1:00pm (lap only) 1:00pm-6:00pm 6:45pm-8:45pm	1:00pm-4:10pm 6:50pm-8:45pm (Make a Wave)	7:45am-8:35am (Shallow Water) 8:35am-9:25am (Deep H2O Fit) 6:00pm-6:50pm (H2O Fit)	4:15-6:15 Lessons
<b>Friday</b>	5:15am-7:45am (lap only) 9:30am-11:00am 11:00am-1:00pm (lap only) 1:00pm-4:00pm 5:00pm-6:00pm (lap only) 6:00pm-8:45pm	1:00pm-3:25pm 6:00pm-8:45pm (Make a Wave)	7:45am-8:35am (Shallow Water) 8:35am-9:25am (Deep H2O Fit)	3:30-5:00 Stroke Clinic
<b>Saturday</b>	7:15am-8:00am (lap only) 8:00am-11:00am 11:15am-1:00pm (lap only) 1:00pm-5:00pm 5:00-6:00 pm (lap only) 6:00-8:45pm	1:00pm-5:00pm	None scheduled	9:00-10:30am Lessons
<b>Sunday</b>	12:00-5:00pm 5:00-5:45pm (lap only)*	12:00-3:25pm	None scheduled	3:30-5:00pm Lessons

## Y REGULAR HOURS

Monday-Thursday: 4:45am-10:00pm  
Friday: 4:45am-9:00pm  
Saturday: 7:00am-3:00pm  
Sunday: 12:00pm-6:00pm

\*Please note that when the pool has open swim scheduled, this doesn't mean the entire pool will be open for open swim. During open swim times there will always be at least one lane open for open swim.

\*\*Make A Wave: Toys and floaties may be used in shallow end of pool. Use the Y's toys or bring your own!

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# POOL POLICIES & RULES

# HEALTHY LIVING

- **ALL PATRONS** must shower before coming in pool.
- **NO STREET SHOES** on pool deck beyond entry door.
- **CHILDREN** who are not in 2nd grade or higher must be accompanied in water by an adult when using the pool.
- **CHILDREN** using Special Needs Locker room for swim lessons **MUST** have an adult accompany them . Otherwise we recommend the boys/girls locker rooms for school aged children. (They are supervised after school.)
- **DIVING BLOCKS** are only for instructional use only
- **STEPS** into the pool **MUST** be entered backwards for safety purposes.
- **POOL SCHEDULES** change frequently. Check at the front desk or website for most recent schedule.
- **MAKE A WAVE TIMES** are a new feature at the Y during open swim times. Youth and families may bring their own pool toys and floaties to use in the pool during this time.
- **FAMILY FUN NIGHTS** now allow for youth in grades 2nd and above to use the pool without a family member supervising adult in the pool with them as long as the family member supervising adult is in the building. At 8pm youth without adults may be in pool until closing at 8:45 pm