



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATIC SCHEDULE

## MANITOWOC-TWO RIVERS Y

Main Pool Instructional pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Oct. 3<sup>rd</sup>- Oct. 16<sup>th</sup></b>	<b>Main Pool Opens 7am</b>	<b>MAIN POOL 5:00-545am</b> Lap Swim (all lanes)	<b>MAIN POOL 5:00-7am</b> Lap Swim (all lanes)	<b>MAIN POOL 5:00-545AM</b> Lap Swim	<b>MAIN POOL Opens 7AM</b>	<b>POOL OPEN 9AM</b>	<b>POOL OPENS 10AM</b>
<b>**SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE**</b>	<b>Main Pool 7am-12pm</b> Open 1-4 Lap 5/6	<b>MAIN POOL 545-715 SWIM TEAM 4 lanes</b>	<b>MAIN POOL 7AM-12PM</b> Open 1-4 Lap 5-6	<b>MAIN POOL 545-715 SWIM TEAM 4 lanes</b>	<b>MAIN POOL 7am-2pm</b> Lap 5/6 Open 1-4	<b>9am- 1230pm</b> Lap Lanes 5/6 Open Lanes 1-4	<b>10am-230pm</b> Lap 5/6 Open 1-4
Multiple activities are often scheduled in this pool at the same time.	<b>INSTR POOL Open 10am-12pm</b>	<b>MAIN POOL 7AM-12pm</b> Open1-4 Lap 5-6	<b>INSTR POOL OPEN 10AM</b>	<b>MAIN POOL 7am-12pm</b> Open 1 -4 Lap 5-6	<b>Pool Closes @ 2pm</b>		<b>INSTR POOL FAMILY SWIM 1230 - 230pm</b>
Children are NOT allowed in the Whirlpool 18+ ONLY	<b>Arthritis 1015-1050</b>	<b>Main Pool Water Jog 945-1030am</b>	<b>INSTR POOL 11-145 Water Fusion</b>	<b>Main Pool Water jog 945-1030am</b>		<b>POOL CLOSES @ 1230pm</b>	<b>Main Pool 245-530 Lessons 4 lanes</b>
** DURING FAMILY SWIM WE RESERVE THE RIGHT TO LIMIT NUMBER CAPACITY IN THE POOL.**	<b>MAIN POOL Lap Swim 12 - 1pm</b>	<b>MAIN POOL 12pm-1 pm</b> Lap only (all lanes)	<b>MAIN POOL 12pm -1pm</b> Lap Swim (all lanes)	<b>Main Pool 1pm - 445pm</b> Lap 5/6 Open 1-4	<b>MAIN POOL 12pm -1pm</b> Lap Swim All lanes		
CHILDREN NEED TO HAVE A PARENT IN THE WATER WITH THEM DURING FAMILY SWIM.	<b>Swim Team 445-730 pm</b> All lanes	<b>MAIN POOL 1pm-445pm</b> Laps 5/6 Open 1-4	<b>Swim Team 445-730pm</b> All Lanes	<b>MAIN POOL 1pm-5pm</b> LAP 5/6 Open 1-4	<b>MAIN POOL Lessons Lanes 1-4 5pm-530pm</b>		
<b>**WE ARE HIRING LIFEGUARDS AND SWIM INSTRUCTORS**</b>		<b>Main Pool Lessons Lanes 1-4 5pm - 530pm</b>		<b>Main Pool Lap/open 530-730pm</b>			



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### **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.

Whirlpool is for patrons 18 years and older only.

Proper swim attire must be worn at all times and is subject to YMCA attire rules.

### **Family Swim/Open Swim**

Any child who cannot stand on the bottom of the pool and is a non-swimmer will need to wear a Coast Guard Approved floatation device AND a parent/adult MUST be in the water and stay within arm's reach of the child.

During *family swim* an adult MUST be in the pool at ALL TIMES with the children under the age of 15.

During *open swim* an adult MUST be on the pool deck if child is between the ages of 9-12. For children under 9 a parent must be in the water with child.

In order for a child (under 16) or anyone deemed questionable at swimming, must pass a swim test before going into water too deep to stand. A test may be done on each visit.

The test includes:

- 1) Swim 1 length of the pool using front crawl, putting face in the water. Eyes and face must be in water while swimming.
- 2) 30 seconds of treading water in deep end.

#### **Manitowoc-Two Rivers Y**

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