



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATIC SCHEDULE

## MANITOWOC-TWO RIVERS Y

Main Pool Instructional pool	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Nov. 27th Dec. 3rd</b>  <b>**SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE**</b>  Multiple activities are often scheduled in the pool at the same time.  Children are NOT allowed in the Whirlpool 18+ ONLY  ** DURING FAMILY SWIM WE RESERVE THE RIGHT TO LIMIT NUMBER CAPACITY IN THE POOL.**  CHILDREN NEED TO HAVE A PARENT IN THE WATER WITH THEM DURING FAMILY SWIM.	<b>Pool Opens 10AM</b>  <b>Main Pool 10am-2pm Lap 5-6 Open 1-4</b>  <b>INSTR POOL 11-230pm Family Swim</b>  <b>Main Pool 2pm-530pm Lap 5/6 Classes Lanes 1-4</b>	<b>Main Pool Opens 7am</b>  <b>Main Pool 7am-12pm Open 1-4 Lap 5/6</b>  <b>INSTR POOL Open 10am-11am</b>  <b>Arthritis 1015-1050</b>  <b>Water Fusion 11am-1145</b>  <b>MAIN POOL Lap Swim 12 - 1pm</b>  <b>Main Pool 1pm - 445pm</b>  <b>Swim Team 445-530 pm Lanes 1 -4 Lap 5-6</b>  <b>530-730 Swim Team All lanes</b>	<b>MAIN POOL 5:00-545am Lap Swim (all lanes)</b>  <b>MAIN POOL 545-715 SWIM TEAM 4 lanes</b>  <b>MAIN POOL 7AM-12pm Open1-4 Lap 5-6</b>  <b>INSTR POOL 915-1045 ADULT deep End open</b>  <b>Main Pool Water Jog 945-1030am</b>  <b>MAIN POOL 12pm-1 pm Lap only (all lanes)</b>  <b>MAIN POOL 1pm-445pm Laps 5/6 Open 1-4</b>  <b>Main Pool Lessons Lanes 1-4 5pm - 530pm</b>  <b>Swim Team 530-730pm All lanes</b>	<b>MAIN POOL 5:00-7am Lap Swim (all lanes)</b>  <b>MAIN POOL 7AM-12PM Open 1-4 Lap 5-6</b>  <b>INSTR POOL OPEN 10AM</b>  <b>INSTR POOL 11-145 Water Fusion</b>  <b>MAIN POOL 12pm -1pm Lap Swim (all lanes)</b>  <b>Main Pool 330pm - 445pm Lap 5/6 Open 1-4</b>  <b>Swim Team 445-530pm Lanes 1 -4 Lap 5-6</b>  <b>Swim Team 530-730 All Lane</b>	<b>MAIN POOL 5:00-545AM Lap Swim</b>  <b>MAIN POOL 545-715 SWIM TEAM 4 lanes</b>  <b>MAIN POOL 7am-12pm Open 1 -4 Lap 5-6</b>  <b>INSTR POOL 915-1045 ADULT deep End open</b>  <b>Main Pool Water jog 945-1030am</b>  <b>MAIN POOL 12pm -1pm Lap Swim All lanes</b>  <b>MAIN POOL 1pm-5pm LAP 5/6 Open 1-4</b>  <b>Main Pool Lessons Lanes 1-4 5pm-530pm</b>  <b>Main Pool Lap/open 530-730pm</b>	<b>MAIN POOL Opens 7AM</b>  <b>MAIN POOL 7am-2pm Lap 5/6 Open 1-4</b>  <b>Pool Closes @ 2pm</b>  <b>INSTR POOL 1200pm-3pm Family Swim</b>  <b>POOL CLOSES @ 3pm</b>	<b>POOL OPEN 9AM</b>  <b>9am- 3pm Lap Lanes 5/6 Open Lanes 1-4</b>  <b>INSTR POOL 1200pm-3pm Family Swim</b>

**\*\*Schedule is subject to change without notice\*\***



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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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