



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATIC SCHEDULE

MANITOWOC-TWO RIVERS Y

Main Pool
INSTR POOL

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

July 8th –
August 9th

**SCHEDULE IS
SUBJECT TO CHANGE
WITHOUT NOTICE**

Multiple activities are
often scheduled in the
pool at the same time.

WHIRLPOOL
Max capacity of 8.
Must be 18 to use
Please shower
before using

All children under the
age of 8 need an adult
in the pool with child.
All children 8 -12 need
an adult in the pool
area at all times.

**please check Y360
App daily for any
updates.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	CLOSED	Pool opens @ 7am	MAIN POOL 5:00-645am Lap Swim (all lanes)	MAIN POOL 5AM-7AM LAP SWIM ALL LANES	MAIN POOL 5-645AM Lap Swim (all lanes)	MAIN POOL Opens 7AM JULY 19 th 7am-1pm MAIN POOL ONLY	Main Pool Open 8am
	ON SUNDAY	MAIN POOL 7am – 11am Lanes 5/6 Lap Swim	Swim Team 645-815 Lanes 4-6 Lap Swim Lanes 1-3	MAIN POOL 7AM-12pm Lap Swim Lanes 5-6	Swim Team 645-815 Lanes 4-6 Lap lanes 1-3	MAIN POOL 7am-12pm Lap lanes 5/6	Main Pool 8am – 11am Lap Swim Lanes 3-6
		INSTR POOL 1030-11 Water Arthritis	MAIN POOL 815-945am Lap lanes 5-6	INSTR POOL 830-930 Adult H2O Volleyball	MAIN POOL 815am-945am Lap 5-6	MAIN POOL LAP ONLY 12pm-1pm All lanes	
		11 – 1145 H2O Fusion	Main Pool Water Jog Lanes 1-4 945-1030am Lap swim 5/6	930 -11am Adult Only Swim	Main Pool Water jog 945-1030am LANES 1-4 LAP 5/6	1pm-3pm Laps lanes5/6	
		MAIN POOL 12pm – 1pm Lap Swim ALL Lanes	Main POOL 1030-12pm Lap lanes 5/6	11 – 1145 H2O Fusion	Main Pool 1030-12pm Lap lanes 5/6	INSTR POOL 10am-2pm Family/open Swim	
		INSTR POOL Family /Open Swim 1-230pm N/A July 22nd	MAIN POOL 12pm-1 pm Lap only (all lanes)	MAIN POOL 12pm -1pm Lap Swim (all lanes)	INSTR POOL 11 -1145AM H2O FITNESS INSTR CHOICE		
		MAIN POOL 1pm – 330pm Lanes 5/6 Lap Swim	MAIN POOL 1pm-230pm Swim Team All lanes	Main Pool 1p-345pm Lap swim lanes 5/6	MAIN POOL 12pm -1pm Lap Swim All lanes		
		MAIN POOL 330-715pm Lap 5/6	INSTR POOL 1-3:30pm Open/Family	MAIN POOL 345-5pm Swim Class All lanes	MAIN POOL 1pm-230pm Swim Team All lanes		
			Main Pool 3-515pm Lap lanes5/6	Swim Team 5-630pm All lanes	MAIN POOL 230-4pm LAP swim Lanes 5/6		
			515-600 Swim Class Lanes 1-4 Laps 5/6			THURSDAY	
			6-630 Lap lanes 5/6		MAIN POOL 4-5pm Swim Class ALL LANES	INSTR POOL 1-3:30pm Teen Swim Ages 12-15	
					Main Pool 515-630pm Lap 5 /6	4pm-630pm Family Swim	



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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.

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

Please follow Pool Rules posted on walls of both pools.

FAMILY SWIM

A parent **MUST** be *in the water* at all times with the youth.

Anyone using a floatation device **MUST** be within arms lengths of a parent. The floatation device must be Coast Guard Approved. Arm floats are **NOT** allowed.

OPEN SWIM

Under 8 years of age... an adult **MUST** be in the pool with child. **IF** the child is wearing **ANY** floatation device, the adult must be within arm's reach **AT ALL TIMES**.

Ages 8 – 11 years of age... an adult **MUST** be in the pool area, actively supervising. If child(ren) are using flotation devices an adult must be in the water and within arm's reach.

Must be 12 years old to be in the pool without a parent in the pool area.

SWIM TEST

Swim tests will be given to anyone in either pool where a guard sees a questionable swimmer or anyone under the age of 16.

Swim 1 length of the pool (25 yards) using front crawl with eyes in the water.

1 minute of treading water in deep end of the pool.

Manitowoc-Two Rivers Y

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