



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN LARGE POOL

Winter Session

M-F 5am-9pm

January 2 - February 18, 2012

Sat. 6am-5pm Sun. Closed

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday *	Sunday
5:00-9:45 am Open/Circle	5:00-10:30am Open/Circle	5:00-9:45 am Open/Circle	5:00-6:15 am Open/Circle	5:00-9:45 am Open/Circle	* DOWNTOWN POOLS CLOSED JAN 21 FOR SWIM MEET	C
9:45-10:30 Gentle Water Exercise			6:15-7:00 Waterworks/3 Ln Cir		6:00-9:45 am Open/Circle	
10:30-1:00 Circle	10:30-1:00 Circle	9:45-10:30 Gentle Water Exercise	7:00-3:45 Open/Circle	9:45-10:30 Gentle Water Exercise	9:45-11:15 Swim Lessons/ 2 Ln Cir	O
1:00-3:45 Open/Circle			1:00-5:30 Open/Circle	10:30-1:30 Circle	Syble Hopp 9:30-10:30 Jan 12, 26 & Feb 9	
3:45-5:30 Swim Team	5:30-7:00 Swim Lessons/ 2 Ln Cir	1:30-4:55 Open/Circle	Pools Closed for Swim Smart 1:00-3:00 Jan 5, 12, 19, 26 & Feb 2	Syble Hopp 1:00-2:00 Jan 6, 13, 27 Feb 3, 10, 17	3:30-5:00 \$1.00 Community Swim	E
5:30-7:00 Swim Lessons/ 2 Ln Cir						
7:00-9:00 Open/3 Ln Cir	6:30-7:30 Special Pops	5:40-6:20 Swim Lessons/ 2 Ln Circle	5:30-6:30 Deep Water Conditioning/2 Ln Cir	Pools Closed for Swim Meet 3:45-9:00 Jan 20	C L O S E D	
	7:30-9:00 Open/Circle	6:30-9:00 Swim Team	6:30-7:30 Swim Team			5:30-6:30 Open/Circle
			7:30-9:00 Open/Circle	6:30-9:00 Y Klub/2 Ln Cir		

Guests, accompanied by a member, are welcome with a photo ID and the purchase of a day pass.

Membership for All helps to ensure that everyone belongs at the YMCA, regardless of income level.



DOWNTOWN TRAINING POOL

Winter Session

January 2 - February 18, 2012

M-F 5am-9pm

Sat. 6am-5pm Sun. Closed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY *	SUNDAY
5:00am-7:30am Walk	5:00am-7:30am Walk	5:00am-7:30am Walk	5:00am-7:30am Walk	5:00am-7:30am Walk	* DOWNTOWN POOLS CLOSED JAN 21 FOR SWIM MEET	C L O S E D
7:30-11:30 Open	7:30-6:00 Open	7:30-11:30 Open	7:30-10:30 Open	7:30-11:30 Open		
11:30-12:15 Arthritis Program		11:30-12:15 Arthritis Program	Syble Hopp 9:30-10:30 Jan 12, 26 & Feb 9	11:30-12:15 Arthritis Program	8:30-11:30 Swim Lessons	
12:15-5:45 Open		12:15-5:30 Open		12:15-6:30 Open	11:30-3:30 Open	
5:45-6:30 Swim Lessons	6:00-7:30 Special Pops	5:30-7:00 Swim Lessons	10:30-9:00 Open	Syble Hopp 1:00-2:00 Jan 6, 13, 27 Feb 3, 10, 17	3:30-5:00 \$1 Community Swim	
6:30-9:00 Open				Swim Smart 1:00-3:00 Jan 5, 12, 19, 26 & Feb 2		
	7:30-9:00 Open	7:00-9:00 Open		Pools Closed for Swim Meet 3:45-9:00 Jan 20	CLOSED	
				6:30-9:00 Open		

Open Ages 8 and over may swim alone.
Ages 7 and under must be accompanied by an adult in the water.

Abierto Los que tienen 8 años o más pueden nadar solos.
Los que tienen 7 años o menos necesitan un adulto en el agua con ellos.

Community Swim The general public may swim for \$1.00 per person.
This fee covers only pool activities on Saturday from 3:30-5:00pm.
Ages 8 and over may swim alone.

Natación de comunidad Ages 7 and under must be accompanied by parent/adult in the water.
Cualquier persona de la comunidad puede nadar por \$1.00 cada una.
Este honorario cubre solamente actividades en los sábados 3:30-5:00pm para nadar.
Los que tienen 8 años o más pueden nadar solos.
Los que tienen 7 años o menos necesitan un adulto en el agua con ellos.

Circle Ages 14 & older may swim alone.
Ages 8-13 must be accompanied by a parent/adult on the deck or in the water.
Lap lanes will be shared - multiple people may use a lane at the same time when there are more swimmers than available lanes.

Natación en círculo Los que tienen 14 años o más pueden nadar solos.
Los que tienen 8 a 13 años tienen que estar acompañados por un adulto en el agua o al lado de la alberca.

Walk Participants may walk across the pool as a form of exercise.

Caminar en el agua Participantes pueden caminar a través de la alberca como una forma de ejercicio.

Whirlpool Guidelines Remolino Ages 14+ may use anytime. Per Wisconsin State Code, children under 6 are not permitted.
Ages 6-13 must be accompanied by a parent.
Los niños que tienen 14 o más pueden utilizar el remolino en tiempo. Es la ley de Wisconsin que los niños que tienen remolino cuando están acompañado por un padre.

Toys and Equipment
The YMCA will provide toys and equipment during Open times. Please do not bring items from home.

Jugetes y equipo para la alberca ya están en el YMCA. Por favor no traigan cosas de la casa