



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN LARGE POOL

Spring 1 Session

February 20 - April 14, 2012

M-F 5am-9pm

Sat. 6am-5pm Sun. Closed

See the Spring Break Interim Pool Schedule for March 26-31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-9:45am Open/Circle	5:00-10:30am Open/Circle	5:00-9:45 am Open/Circle	5:00am-3:45pm Open/Circle	5:00-9:45am Open/Circle	6:00-9:45am Open/Circle	C L O S E D
9:45-10:30 Gentle Water Exercise		9:45-10:30 Gentle Water Exercise	Syble Hopp 9:30-10:30 Feb 23, Mar 8 & Apr 12	9:45-10:30 Gentle Water Exercise	9:45-11:15 Swim Lessons/ 2 Ln Cir	
10:30-1:00 Circle	10:30-1:00 Circle	10:30-1:30 Circle		10:30-3:45 Open/Circle	11:15-3:30 Open/Circle	
1:00-3:45 Open/Circle	1:00-5:30 Open/Circle	1:30-4:55 Open/Circle	Gym Camp 1:00-2:00 April 12	Syble Hopp 1:00-2:00 Feb 24, Mar 2, Mar 23 & Apr 13	3:30-5:00 \$1.00 Community Swim	
Gym Camp 1:00-2:00 April 9	Gym Camp 1:00-2:00 April 10	Gym Camp 1:00-2:00 April 11		Gym Camp 2:00-3:00 April 13		
Kids Day Out 2:30-3:45 April 9	Swim Team March 20, 27 & Apr 10 3:45-5:30pm 4 Lanes/2 Lns Cir (Open/Circle April 3)	4:55-5:40 Swim Lessons/ 3 Ln Circle	3:45-5:30 Swim Team (Open/Circle April 5)	Kids Days Out 2:30-3:45 Feb 24, Mar 9 & Apr 6		
3:45-5:30 Swim Team (Open/Circle April 2&9)	5:30-6:30 Deep Water Conditioning -2 Ln Cir	5:40-6:20 Swim Lessons/ 2 Ln Circle		3:45-5:30 Swim Team	Open/Circle Mar 16 & Apr 6	
5:30-7:00 Swim Lessons/ 2 Ln Cir	6:30-7:30 Special Pops (Open/Circle March 13)	6:30-9:00 Swim Team (Open/Circle April 4)	5:30-6:30 Deep Water Conditioning/2 Ln Cir	5:30-6:30 Open/Circle	C L O S E D	
7:00-9:00 Open/3 Ln Cir	7:30-9:00 Open/Circle	March 21, 28 & Apr 11: 6:30-7:00 Open/Circle 7:00-9:00	6:30-7:30 Swim Team Open/Circle begins Mar 22	6:30-9:00 Open/Circle		
			7:30-9:00 Open/Circle	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

Spring 1 Session

February 20 - April 14, 2012

M-F 5am-9pm

Sat. 6am-5pm Sun. Closed

See the Spring Break Interim Pool Schedule for March 26-31

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		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	6:00am-8:30am Walk	
11:30-12:15 Arthritis Program		11:30-12:15 Arthritis Program	Syble Hopp 9:30-10:30 Feb 23, Mar 8, & Apr 12	11:30-12:15 Arthritis Program	8:30-11:30 Swim Lessons	
12:15-5:45 Open		12:15-5:30 Open	10:30-9:00 Open	12:15-6:30 Open	11:30-3:30 Open	
Gym Camp 1:00-2:00 April 9	Gym Camp 1:00-2:00 April 10	Gym Camp 1:00-2:00 April 11	Gym Camp 1:00-2:00 April 12	Syble Hopp 1:00-2:00 Feb 24, Mar 2, Mar 23 & Apr 13		
Kids Day Out 2:30-3:45 April 9				Gym Camp 2:00-3:00 April 13	3:30-5:00 \$1 Community Swim	
5:45-6:30 Swim Lessons	6:00-7:30 Special Pops (Open March 13)	5:30-7:00 Swim Lessons		Kids Days Out 2:30-3:45 Feb 24, Mar 9 & Apr 6		
6:30-9:00 Open	7:30-9:00 Open	7:00-9:00 Open		6:30-9:00 Open	CLOSED	

Open

Ages 8 and over may swim alone.

Abierto

Ages 7 and under must be accompanied by an adult in the water.

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

Ages 14+ may use anytime. Per Wisconsin State Code, children under 6 are not permitted.

Ages 6-13 must be accompanied by a parent.

Remolino

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 acompañados por un padre.

Toys and Equipment

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

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