

1. Find your Speed
Lap lanes are separated by speed: Slow, Medium, and FAST. Try to find a lane with people swimming at your pace.

2. Let others Know
To avoid injury, check with other swimmers in the lane before swimming. Either split the lane or circle counter-clockwise.

3. Enjoy your swim!
If you need any assistance, ask one of the lifeguards on duty. Please follow lifeguards' instructions.



North Area Family YMCA Aquatics



Open Swim Schedule April 21-28

REVISED 4/21

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-9AM Shallow and Deep Open	8-9:45 AM: Deep Open	8-8:45AM: Deep Open	8-10:30AM: Deep Open	8-9:AM: Shallow Open	6-8:30 AM Shallow and Deep Open 8:30-9 AM: Shallow Open	
9-10AM Shallow Open 10-11AM Deep Open	9:45AM-4:30PM Shallow and Deep Open 4:30-8:30 PM Shallow and Deep Open	8:45-9:30AM Shallow Open 9:45-11AM Deep Open 11AM-2 PM Shallow and Deep Open 2-3 PM OPEN SWIM CLOSED FOR VACATION CAMP 3-5:55 PM Shallow and Deep Open 5:55-6:45 Shallow Open Master's Swim: 6:45-7:55 PM (No open swim)	10:30-4PM Shallow and Deep Open	9:15-11AM Deep Open 11AM-1PM Shallow and Deep Open 1-2 PM OPEN SWIM CLOSED FOR VACATION CAMP <u>*Pool Closed for Maintenance 2-3 PM*</u> 3-6 PM Shallow and deep open 6-6:30 PM Shallow Open 6:30-8:30 PM Shallow and Deep Open	9AM-12 PM Shallow and Deep Open 12-2:30 PM Shallow and Deep Open	Master's Swim: 8-9:30 AM (No open swim) 10AM-2:30 PM: Shallow and Deep Open
11AM-6PM Shallow and Deep Open						
6-6:45 PM Shallow Open						
Master's Swim: 6:45-7:45 PM (No open swim) 7:45-8:30 PM Shallow and Deep Open		7:55-8:30 PM Shallow and deep Open	4-8:30 PM Shallow and Deep Open			
<p>Please note: The open swim area may occasionally close for events, birthday parties, etc. Please see signs posted on pool doors. There is NO open swim available during swim lessons and swim team practice to provide the highest quality program, and to keep our participants safe.</p> <p>To Ensure safety at all times, lifeguards and YMCA staff may coordinate swimmers and lane usage. This can include relocating pool users.</p>						

Get With The Band!

Every child (age 0 to 17) in our pool must wear one of three colored wrist bands. The bands give our lifeguards instant information on each child's swimming ability, helping us keep them safe and in the most appropriate swimming areas. Stop at Member services on your way in to get your band!

Need to take a swim test? Grab a swim test card at member services and give it to the lifeguard on Duty. They will be happy to administer the swim test and give your child the appropriate swim band.