

AQUATICS CENTER SCHEDULE
January 9th, 2024- May 17th, 2024***

Q & A

Q: Is the patio open?

A: Yes, as long as weather allows.

Q: When is the slide turned on?

A: Saturday 11 AM- 4 PM and Sunday 1 PM- 5 PM

Q: What time does everybody need to be out of the water?

A: Monday- Friday, swimmers will be asked to exit the pool at 7 PM.

On Saturday, swimmers will be asked to exit the pool at 3:45 PM. On

Sunday, swimmers will be asked to exit the pool at 4:45 PM.

This provides time to gather belongings, change/shower, and exit the YMCA at its closing time.

Q: Can I swim by myself if I am 11 years old or younger?

A: No, for your safety and the safety of the other members, you will need to be supervised by an adult (19 years and older). The adult must remain in the pool area.

Q: Can I be in the deep end (past 5 ft)?

A: If you are younger than 12 years old, you must take our deep-water swim test. These can only be given on the weekends while a supervisor is present. Those 12 years and older are not required to pass a deep-water swim test.

Q: What can I wear in the pool?

A: Appropriate swimsuit attire includes swimsuits, swim trunks, and religious swim wear made of Dri-Fit material. For proper maintenance of our pool filters, we cannot allow cotton material in the pool (i.e. cotton t-shirts).

Q: What are the restrictions on pool toys and/or inflatables?

A: Pool noodles and inflatable tubes are not allowed in the water due to safety concerns. Diving rings are allowed.

A: If the child you are supervising is in a flotation device, such as a pool jumper, a swim belt, etc., they must remain within arm's length of you the entire time they are in the water.

Q: When will the play fountains be on?

A: During Family Time swim if there are no water classes occurring at that time.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am-8am Fitness Swim	5am-9am Fitness Swim	5am-8am Fitness Swim	5am-9am Fitness Swim	5am-8am Fitness Swim		
8am-11am Fitness Swim/ Water Exercise Classes	9am-1pm Fitness Swim/ Family Time Swim (no slide) 10am- Power Waves	8am-11am Fitness Swim/ Water Exercise Classes	9am-1pm Fitness Swim/ Family Time Swim (no slide) 10am- Power Waves	8am-11am Fitness Swim/ Water Exercise Classes	7am-11am Fitness Swim	
11am-1pm Fitness Swim/Family Time Swim (no slide)	11am-1pm- KRCC Adaptive Swim Group	11am-1pm Fitness Swim/Family Time Swim (no slide)		11am-1pm Fitness Swim/Family Time Swim (no slide)	11am-4pm Member Swim (with slide)	1pm-5pm Member Swim (with slide)
1pm-4pm CLOSED	1pm-4pm CLOSED	1pm-4pm CLOSED	1pm-4pm CLOSED	1pm-4pm CLOSED		
4pm-7pm Fitness Swim/Member Swim (no slide) <i>*Swim Lessons</i> <i>**Swim Team</i> <i>Practice- 6:45pm</i>	4pm-7pm Fitness Swim/Member Swim (no slide) <i>*Swim</i> <i>Club/Lessons</i>	4pm-7pm Fitness Swim/Member Swim (no slide) <i>*Swim Lessons</i>	4pm-7pm Fitness Swim/Member Swim (no slide) <i>*Swim</i> <i>Club/Lessons</i> <i>**Swim Team</i> <i>Practice- 6:45pm</i>	4pm-7pm Fitness Swim/Member Swim (no slide)		

Aquatic Water Classes (Instructor-led classes):

Arthritis Water Classes- Monday, Wednesday, and Friday at 8AM, 9AM, & 10AM

Power Waves: An intense aqua workout with interval training, plyometrics, and power moves to improve cardiovascular fitness, muscular endurance, strength, and flexibility.

Fitness Swim: Lap swimming, water walking and water exercise for adult members

Member Swim: Open swim time for Y members, youth and adult. Youth under 12 must be accompanied by an adult.

Family Time Swim: All children must be accompanied by a parent or grandparent. **Parent/grandparent must stay in the pool area at all times while child is in the water.** Fountains will be in use unless water classes are going on.

*Swim Lessons and Swim Club sessions will be offered throughout the year.

***Dates and sessions subject to change