



# ANN ARBOR YMCA LAP POOL SCHEDULE

## WINTER 1 2023-2024: DECEMBER 17 - FEBRUARY 25

UPDATED: 1/18/24



### Building Hours

Mon. – Fri 5:30am-9pm

Saturday 7am-4pm

Sunday 9am-6pm



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>5:30am-9:30am</b> Lap Swim (6 Lanes)	<b>5:30am-4:30pm</b> Lap Swim (6 Lanes)	<b>5:30am-9:30am</b> Lap Swim (6 Lanes)	<b>5:30am-4:30pm</b> Lap Swim (6 Lanes)	<b>5:30am-9:30am</b> Lap Swim (6 Lanes)	<b>7:00am-9:00am</b> Lap Swim (6 Lanes)
<b>9:30am-10:45am</b> Aqua Aerobics (3 Lanes) Lap Swim (3 Lanes)		<b>9:30am-10:45am</b> Aqua Aerobics (3 Lanes) Lap Swim (3 Lanes)		<b>9:30am-10:45am</b> Aqua Aerobics (3 Lanes) Lap Swim (3 Lanes)	
<b>10:45am-4:30pm</b> Lap Swim (6 Lanes)	<b>4:30pm-5:30pm</b> Lessons (2 Lanes) Lap Swim (4 Lanes)	<b>10:45am-4:30pm</b> Lap Swim (6 Lanes)	<b>4:30pm-5:30pm</b> Lessons (2 Lanes) Lap Swim (4 Lanes)	<b>10:45am-4:00pm</b> Lap Swim (6 Lanes)	<b>12:15pm-3:45pm</b> Lap Swim (6 Lanes)
<b>6:30pm-8:00pm</b> Swim Team/Lessons (5 Lanes) Lap Swim (1 Lane)	<b>5:30pm-8:00pm</b> Swim Team/Lessons (6 Lanes)	<b>8:00pm-8:45pm</b> Lap Swim (6 Lanes)	<b>5:30pm-8:00pm</b> Swim Team/Lessons (6 Lanes)	<b>5:30pm-8:00pm</b> Swim Team (4 Lanes) Lap Swim (2 Lanes)	<b>10:00am-12:00am</b> Masters Swim (2 Lanes) Lap Swim (4 Lanes)
	<b><u>No Open Swim</u></b>				<b><u>No Open Swim</u></b>
<b>8:00pm-8:45pm</b> Lap Swim (6 Lanes)	<b>8:00pm-8:45pm</b> Lap Swim (6 Lanes)	<b>8:00pm-8:45pm</b> Lap Swim (6 Lanes)	<b>8:00pm-8:45pm</b> Lap Swim (6 Lanes)	<b>8:00pm-8:45pm</b> Lap Swim (6 Lanes)	

## Lap Swim Etiquette

**CARING-** For everyone’s safety: We request that upon entering an occupied lane, you please make sure the other swimmer(s) are aware that you will be sharing the space.

**HONESTY-** Choose the lane that best fits your swimming ability and speed before entering the water.

**RESPECT-** Be patient and respectful of others.

**RESPONSIBILITY-** Circle swim (counter clockwise) when there are more than two swimmers per lane.

Enjoy your workout!! When we work together, lap swimming can be a wonderful and rewarding experience for all.

### Privates and Lifeguard Training:

We reserve the right to conduct private lessons, lifeguard training and safety drills at any time.

### Schedule Changes:

- The Y will close at 12:00 pm on the 24th and 31st of December
- The Y will be closed on the 25th of December and the 1st of January



# ANN ARBOR YMCA FAMILY POOL SCHEDULE

## WINTER 1 2023-2024: DECEMBER 17 - FEBRUARY 25

UPDATED: 1/18/24



### Building Hours

Mon. – Fri 5:30am-9pm  
Saturday 7am-4pm  
Sunday 9am-6pm



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am-9:00am Open Swim	5:30am-10:00am Open Swim	5:30am-9:00am Open Swim	5:30am-10:00am Open Swim	5:30am-9:00am Open Swim	7:00am-9:00am Open Swim
9:00am-10:00am AOA (Deep End)		9:00am-10:00am AOA (Deep End)		9:00am-10:00am AOA (Deep End)	9:00am-12:45pm Lessons (Half of Pool)
10:00am-10:30am Open Swim	10:00am-11:30am Willow room swim lessons <b>(POOL CLOSED)</b>	10:00am-10:30am Open Swim	10:00am-11:30am Advanced Arthritis (Deep End)	10:00am-10:30am Open Swim	12:45pm-3:45pm Open Swim
10:30am-11:30pm Arthritis Class (Deep End)		10:30am-11:30pm Arthritis Class (Deep End)		10:30am-11:30pm Arthritis Class (Deep End)	
11:30am-4:30pm Open Swim	11:30am-4:30pm Open Swim	11:30am-4:30pm Open Swim	11:30am-4:30pm Open Swim	11:30am-8:45pm Open Swim	<b>Sunday</b>
					9:00am-5:45pm Open Swim
4:30pm-7:45pm Lessons (Half of pool)	4:30pm-7:45pm Lessons (Half of pool)	4:30pm-7:45pm Lessons (Half of pool)	4:30pm-7:45pm Lessons (Half of pool)		
7:45pm-8:45pm Open Swim	7:45pm-8:45pm Open Swim	7:45pm-8:45pm Open Swim	7:45pm-8:45pm Open Swim		

### SWIM LESSONS

The Ann Arbor YMCA offers a variety of classes for all ages. Join us TODAY!

Check out our website for class days, times, levels, and fees.

Please note: We reserve the right to cancel classes when inclement weather jeopardizes the safety of our members and staff. There are no credits or refunds for cancelled classes due to inclement weather. See you in the pool soon!!

ANN ARBOR YMCA 400 West Washington Street, Ann Arbor, MI 48103

P 734-996-9622 F 734-661-8060 www.annarborymca.org

For more information on aquatic programs, call 734-661-8020

### Swim Lesson Session

**Winter 1 2024: January 8– February 25**

Member registration: December 13

Non-Mem Registration: December 15

Preview Begins: December 17

At the ANN ARBOR YMCA we care about the safety of our young members and guests. We have swim test procedures in place to help keep the children safe in the water.

### Swim Test Policy

**The ANN ARBOR YMCA requires that all children 14 years of age or younger be swim tested before being permitted to use our deep end of the lap pool.** Once a swim test has been completed, the swimmer's name will be logged by the lifeguard and entered into our Swim Test Database.

During each YMCA visit, swimmers who have passed the test **MUST** pick up a **GREEN** wristband from the lifeguard office prior to entering the pool for the day.

**Lap Pool Swim Test**– Jump into the deep end, swim 1 lap (50 yards), and tread water for 30 seconds. The swim must be a competitive stroke, in good form. "Doggie paddling" does not count. Swim tests are at the lifeguard's discretion. If for any reason the lifeguard feels a swimmer is unsafe, they may be asked to re-take the test.

Anybody of ANY AGE can be asked to take the swim test for the safety of all patrons.

### Family Pool Open Swim Policy

1. All Children 6 years of age or younger must be accompanied in the water by a parent or guardian 16 years or older.
2. We reserve the right to run Swim Lessons at any time and ask members to give them space if permitted to swim in the area that the lesson is going on in.

**Please return all bands to the pool deck or Member Services desk before leaving the building.**

### Life Jackets:

Only U.S. Coast Guard approved flotation devices are permitted during open swim. Life jackets are available at the Y if your child needs one, just ask