



ANN ARBOR YMCA LAP POOL SCHEDULE

SPRING 1: FEBRUARY 26 - APRIL 21

UPDATED: 2/24/24



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



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:30am-9:30am Lap Swim (6 Lanes)	5:30am-4:30pm Lap Swim (6 Lanes)	5:30am-9:30am Lap Swim (6 Lanes)	5:30am-4:30pm Lap Swim (6 Lanes)	5:30am-9:30am Lap Swim (6 Lanes)	7:00am-9:00am Lap Swim (6 Lanes)
9:30am-10:45am Aqua Aerobics (3 Lanes) Lap Swim (3 Lanes)		9:30am-10:45am Aqua Aerobics (3 Lanes) Lap Swim (3 Lanes)		9:30am-10:45am Aqua Aerobics (3 Lanes) Lap Swim (3 Lanes)	
10:45am-4:30pm Lap Swim (6 Lanes)	4:30pm-5:30pm Lessons (2 Lanes) Lap Swim (4 Lanes)	10:45am-4:30pm Lap Swim (6 Lanes)	4:30pm-5:30pm Lessons (2 Lanes) Lap Swim (4 Lanes)	10:45am-4:00pm Lap Swim (6 Lanes)	12:30pm-5:45pm Lap Swim (6 Lanes)
6:30pm-8:00pm Swim Team/Lessons (6 Lanes) <u>No Open Swim</u>	5:30pm-8:00pm Swim Team/Lessons (6 Lanes) <u>No Open Swim</u>	6:30pm-8:00pm Swim Team/Lessons (6 Lanes) <u>No Open Swim</u>	5:30pm-8:00pm Swim Team/Lessons (6 Lanes) <u>No Open Swim</u>	5:30pm-8:00pm Swim Team (4 Lanes) Lap Swim (2 Lanes)	11:00am-12:00am Masters Swim (3 Lanes) Lap Swim (3 Lanes)
					12:00am-5:45pm Lap Swim (6 Lanes)
8:00pm-8:45pm Lap Swim (6 Lanes)	8:00pm-8:45pm Lap Swim (6 Lanes)	8:00pm-8:45pm Lap Swim (6 Lanes)	8:00pm-8:45pm Lap Swim (6 Lanes)	8:00pm-8:45pm 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 be closed March 31st for Easter
- 1 lane will be used for guard classes on the following dates: March 15th-27th, April 8th-11th
- The Aquatics center will close from 6AM-12AM on March the 10th for Y Tri, and at 4PM on April 21st for Inservice training.



ANN ARBOR YMCA FAMILY POOL SCHEDULE

SPRING 1: FEBRUARY 26 - APRIL 21

UPDATED: 2/24/2024



Building Hours

Mon. – Fri 5:30am-9pm

Saturday 7am-6pm

Sunday 7am-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 (POOL CLOSED)	10:00am-10:30am Open Swim	10:00am-11:30am Advanced Arthritis (Deep End)	10:00am-10:30am Open Swim	12:45pm-5:45pm 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	Sunday
					7:00am-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

Spring 1 2024: February 26 - April 21

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