



# ANN ARBOR YMCA LAP POOL SCHEDULE

FALL 1: SEPTEMBER 9TH - OCTOBER 27TH

UPDATED: 9/9/2024



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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am-9:30am Lap Swim (6 Lanes)	5:30am-10:00am Lap Swim (6 Lanes)	5:30am-9:30am Lap Swim (6 Lanes)	5:30am-5:00pm 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)	10:00am-11:00am Water Walking (3 Lanes) Lap Swim (3 Lanes)	10:45am-4:30pm Lap Swim (6 Lanes)	5:00-5:30pm Lessons (1 Lane) Lap Swim (5 Lanes)	10:45am-4:00pm Lap Swim (6 Lanes)	12:45pm-5:45pm Lap Swim (6 Lanes)
4:30pm-6:30pm Lessons (2 Lanes) Lap Swim (4 Lanes)	4:30pm-5:30pm Lessons (2 Lanes) Lap Swim (4 Lanes)	4:30pm-8:00pm Lessons (4 Lanes) Lap Swim (2 Lanes)		4:00pm-8:00pm Swim Team (3 Lanes) Lap Swim (3 Lanes)	<b>Sunday</b>
6:30pm-8:00pm Lessons (2 Lanes) Swim Team (4 Lanes)  <b><u>NO OPEN SWIM</u></b>	5:30pm-8:00pm Swim Team/Lessons (6 Lanes)  <b><u>No Open Swim</u></b>	8:00pm-8:45pm Lap Swim (6 Lanes)	5:30pm-8:00pm Swim Team/Lessons (6 Lanes)  <b><u>No Open Swim</u></b>	8:00pm-8:45pm Lap Swim (6 Lanes)	7:00am-9:30am 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)		9:30am-12:00pm Lessons and Master Swim (2 Lanes) Lap Swim (4 Lanes)
					2:00am-5:45pm Lap Swim (6 Lanes)

## Lap Swim Etiquette

**PLEASE READ UNDER THE SCHEDULE FOR EXTRA CLOSURES!**

**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.

**Private swim lessons and Lifeguard Training:**  
**We reserve the right to conduct private lessons, lifeguard training and safety drills at any time.**

### Schedule Changes:

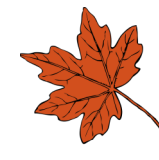
- The Natatorium will close at 3:45PM on the 21st of September and the 19th of October for Lifeguard Inservice
- There will be a lifeguard class in the pool on the 7th and 8th of October from 9:00-5:00 that will take up 2 lanes



# ANN ARBOR YMCA FAMILY POOL SCHEDULE

FALL 1: SEPTEMBER 9TH - OCTOBER 27TH

UPDATED: 9/9/2024



## 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)	10:00am-11:00am Willow Room Swim Lessons <b>(POOL CLOSED)</b>	9:00am-10:00am AOA (Deep End)	10:30am-12:00pm Advanced Arthritis (Deep End)	9:00am-10:00am AOA (Deep End)	9:00am-12:15pm Lessons <b>(Half of Pool)</b>
10:00am-10:30am Open Swim		10:00am-10:30am Open Swim		10:00am-10:30am Open Swim	
10:30am-11:30pm Arthritis Class (Deep End)	11:00am-5:00pm Open Swim	10:30am-11:30pm Arthritis Class (Deep End)	12:00-5:00pm Open Swim	10:30am-11:30pm Arthritis Class (Deep End)	12:15pm-5:45pm Open Swim
11:30am-5:00pm Open Swim		11:30am-5:00pm Open Swim		11:30am-8:45pm Open Swim	
5:00pm-7:15pm Lessons <b>(Half of pool)</b>	5:00pm-7:15pm Lessons <b>(Half of pool)</b>	5:00pm-6:45pm Lessons <b>(Half of pool)</b>	5:00pm-6:30pm Lessons <b>(Half of pool)</b>	Open Swim	<b>Sunday</b> 7:00am-5:45pm Open Swim
			7:15pm-8:45pm Open Swim		

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. Any swimmer 14 years of age or younger that do NOT pass the swim test must grab a RED 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), tread water for 30 seconds, and then swim back to the shallow end (25 yards). 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

- All Children 6 years of age or younger must be accompanied in the water by a parent or guardian 16 years or older.
- 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.

### 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!

### 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 Sessions

Fall 1: September 9th - October 27th

Fall 2: October 28th-December 22nd

Registration opens 10/9 for members and 10/11 for non members