



July Pool Schedule

Begins: July 1st, 2023

Subject to change. Updated 6/20/23

MON

TUES

WED

THURS

FRI

SAT

Adult Open
6:30-7:15

Adult Open
6:30-7:15a

Water Fitness
Self Led
7:30-8:15a
&
8:30-9:15a

Water Fitness
(Karen)
7:30-8:15a
&
8:30-9:15a

Water Fitness
(Brooc)
7:30-8:15a
&
8:30-9:15a

Water Fitness
(Karen)
7:30-8:15a
&
8:30-9:15a

Water Fitness
Self Led
7:30-8:15a
&
8:30-9:15a

Adult Open
8:00-9:00a

NEW

Adult Lap
9:30-10:00a

Adult Lap
9:30-10:00a

Adult Lap
9:30-10:00a

Adult Lap
9:30-10:00a

Adult Lap
9:30-10:00a

Family Swim
9:00-10:00a

Adult Open
10:00-1:00p
Swim Lessons
10:30a-12:00p

Adult Open
10:00-1:00p

Adult Open
10:00-1:00p
Swim Lessons
10:30a-12:00p

Adult Open
10:00-1:00p

Adult Open
10:00-1:00p
Private Lessons
10:30a-11:30a

Family Swim
10:15-11:15a

Family Swim
1:00-2:00p

Family Swim
1:00-2:00p

Family Swim
1:00-2:00p

Birthday
Parties

12:00-2:00p

Family Swim
4:00-5:00p

Group Swim
Lessons
4:00-7:00p
Levels 1-4

Family Swim
4:00-5:00p

Group Swim
Lessons
4:00-7:00p
Levels 1-4

Family Swim
4:00-5:00p

Family Swim
5:15-6:15p

Family Swim
5:15-6:15p

Family Swim
5:15-6:15p

Adult Open
6:30-7:00p

Adult Open
6:30-7:00p

Adult Open
6:30-7:00p

Adult Open
7:00-7:30

Adult Open
7:00-7:30

NEW

POOL MAX: All pool programs have a max capacity of 24 participants

Pool Schedule Information

Youth Policy: Based on the Y's commitment to safety, youth participation may be restricted based on age, skill and/or height. The Y reserves the right to deny participation, even in the designated shallow area, to unaccompanied youth participants who have not passed the swim test or do not meet the pool specific minimum height requirements. Youth ages 11-16 may participate in adult programs if they are under direct and constant supervision of an adult family member over the age of 18. All participants under the age of 13 are required to wear a swim bracelet while in the pool. Please see the lifeguard on duty for a bracelet and to learn about the swim test.

Adult Lap Swim: 4 lanes will be available for 30 minutes of lap swim. If there are more than 4 swimmers, members may need to share lanes

Adult Open & Swim Lessons: Lifeguards will assist in the arrangement of the pool based on exercise needs of those who are present. Private and/or Group Swim lessons may be occurring during all or part of this scheduled timeframe and take priority of the space needed in the pool.

Water Fitness: Jump right into our Water Fitness classes and build cardiovascular fitness and strength. Just like swimming, water fitness is easy on joints, yet challenging enough to help reach new levels of fitness. The low-impact format of water fitness is suitable for every age and fitness level, from beginning exercisers through elite athletes.

Family Swim: The pool will be set up for normal usage with the shallow rope in place. During family swim times, an adult family member (18 or older) must participate in the water with children. If pool is at capacity (24 participants) participants may be asked to wait until space is available before entering the pool to swim.

Youth Swim (Grades K-8/ages 6+): Parents/guardians may bring their child/ren down to the pool for a 45 minute swim. Children must be signed in and out by their supervising adult when they arrive and when they leave the pool deck. Parents must stay within the building during the swim time but do not need to stay on the pool deck. Children will not be allowed to leave the pool deck without their supervising adult present. FREE for Y members, community day fee \$3 (6-12 years old) \$8 (13-15 years old)

Birthday Parties: All parties are 1 hour and 30 minutes long on Saturdays or at designated times. Longer or shorter parties are available upon request (fees differ). Parties typically allow for 45 minutes of program access and 45 minutes of time in the Kid Zone area for food, cake/dessert and presents.

Please contact Marvey at 509.662.2109 or marvey@wenymca.org for more information or to book a party!

A full list of our member expectations and pool rules can be found at ww.wenymca.org

Please direct any questions or concerns to the Aquatics Coordinator for more information.