# SMALL POOL SCHEDULE

## **GLENWOOD PARK YMCA**

Aug.	21-
Sept.	14,
2025	

Monday Open Swim 5:30-10:00am

Deep End

Open Swim

Water

Deep End

Open Swim

Shallow End Only

11:00-11:45am

**Tuesday** Open Swim 5:30am-8:30pm 5:30-10:00am

Wednesday Open Swim

**Thursday** Open Swim 5:30am-8:30pm

Friday Open Swim 5:30-10:00am Saturday Open Swim 7:00am-4:30pm Sunday Open Swim 8:00-1:30pm

#### **Age Rules**

All children ages 5 Functional and under must be Water Fitness accompanied by an adult 18 or older in the water within arms reach to provide active supervision. Children ages 6-8 must have an adult 18 or older in Arthritis the pool area. Parents are responsible for supervising their children.

Youth 17 & under Open Swim must pass a deep 11:45-8:30pm water competency swim test to use the pool. Once swimmers have successfully completed the test, they are required to wear a GREEN wristband. Wristbands are available at the desk upon arrival. Tests may be administered at any time staff is available and not on

Aquatic programs have priority use of our pools. Schedule is subject to change.

guard duty.

## **Functional** Water Fitness Deep End Open Swim Shallow End Only Shallow End Only 10:00-10:45am 10:00-10:45am

**Healthy Back H20** Deep End Open Swim Shallow End Only 11:00-11:45am

Open Swim 11:45-8:30pm

# **Functional** Water Fitness Deep End Open Swim Shallow End Only 10:00-10:45am

Water **Arthritis** Deep End Open Swim Shallow End Only 11:00-11:45am

> Open Swim 11:45-7:30pm

#### Fall Swim Lessons will start the week of Sept. 15.

Water Fitness classes (listed above in bold) and Swim Lessons have priority use of the pool. Classes meet in the Middle to Deep End of the pool. Use of that area is limited to class participants only.

Open Swim is available in the Shallow End of the pool.

During Swim Lesson times, open swim is not available.

Pool use is for swim lesson participants only.