

## POOL POLICIES

- All swimmers must shower before entering the pool and after using toilet facilities (WI Code).
- Anyone not completely toilet trained must wear a swim diaper completely covered by a snug fitting swim suit (WI Code).
- Appropriate swim wear is required - the Y is a family environment.
- PLEASE remove street shoes before entering the pool areas.
- Swim noodles and kickboards will only be permitted during Adult Swim and Instructional Programs in the Therapy Pool.

### LAP SWIM

As a courtesy, all swimmers are expected to share lanes and circle swim during lap swim. Please note that due to programming, there may be brief periods of time when there are zero lanes available for lap swim.

### POOL GUIDELINES

The Y provides lifejackets for anyone who wants a safe and more enjoyable time in our pools. Please review the following pool guidelines:

#### Children 7 & under:

- If a child has passed the swim test or is in a lifejacket, a parent or caregiver must be within visual and communication distance (feet in water) from the child and be able to easily reach the child.
- If the child has not passed the swim test and is not in a lifejacket, a parent or caregiver must be within arms reach of the child.

#### Children 8-12:

- If a child has passed the swim test or is wearing a lifejacket, they may swim in any designated open swim area without parental supervision.
- If a child has not passed the swim test and does not have parental supervision, they must wear a lifejacket or be in water no deeper than the child's chest.

### SWIM TESTING:

- We encourage all children age 12 and under to take the swim test! Passing the test gives children the opportunity to swim independently with less parental supervision.
- Testing will be available any time the pools are open.
- Once the child passes the test, they will be issued a wristband.
- Members should go to Member Services to have their picture taken with the wristband on to prevent having to be retested. On subsequent visits, the Welcome Center will reissue a wristband. Community Participants and guests need to be tested each visit.

## POOL POLICIES CONT'D

### SLIDE POLICIES

- All riders must be at least 48" tall. Tube required to use slide.
- For your own safety, please follow the lifeguard instructions.

### WHIRLPOOL POLICIES

(Failure to follow these policies can result in serious or fatal injury.)

- Please do not use whirlpool after intense exercise or sauna use.
- People with a history of cardiovascular disease, diabetes, high/low blood pressure, epilepsy, respiratory problems or who are pregnant should not use the whirlpool.
- Please shower before entering whirlpool.
- Ages **12 and over only** may use the whirlpool.

---

### ALL POOL CLOSINGS

- None this session

### COMPETITIVE POOL CLOSINGS

- Sun. Jan. 5, 8:00am - 2:00pm for Masters Swim Meet

### FACILITY CLOSINGS

- None this session

### SCHOOL'S DAY OUT PROGRAMS

- Mon. January 20



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAKE A SPLASH



## Winter I Pool Schedule

January 2 - February 23, 2020

(Revised: 10/24/2019)

### YMCA AT PABST FARMS

1750 E Valley Road • Oconomowoc, WI 53066  
262-567-7251 • www.glcymca.org

**YMCA at Pabst Farms FAMILY POOL SCHEDULE January 2 - February 23, 2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:40-9:25 am Day Care	8:40-9:25 am Day Care	8:40-9:25 am Day Care		YMCA Opens at 6:00am	YMCA Opens at 8:00am
9:30 am-12:00 pm <b>OPEN SWIM</b> 10:00-10:30 am River Challenge	9:30 am-12:00 pm <b>OPEN SWIM</b>	9:30 am-12:00 pm <b>OPEN SWIM</b> 10:00-10:30 am River Challenge	9:30 am-3:00 pm <b>OPEN SWIM</b>	9:30 am-1:00 pm <b>OPEN SWIM</b>	9:15 am - 7:00 pm <b>OPEN SWIM</b>	12:00-7:00 pm <b>OPEN SWIM</b>
	3:30-4:15 pm Day Care	3:30-4:15 pm Day Care	3:30-4:15 pm Day Care			
4:30-7:30 pm <b>OPEN SWIM</b>	4:30-7:30 pm <b>OPEN SWIM</b> 5:30-7:30 pm Slide /Lazy River OPEN	4:30-7:30 pm <b>OPEN SWIM</b> 5:30-7:30 pm Slide /Lazy River OPEN	4:30-7:30 pm <b>OPEN SWIM</b>	4:30-8:30 pm <b>OPEN SWIM</b> 6:00-8:30 pm Slide /Lazy River OPEN	12:00-4:00 pm Slide/Lazy River OPEN	12:00-4:00 pm Slide & Lazy River OPEN
Slide Closed Mondays			Slide Closed Thursdays		YMCA Closes at 8:00 pm	YMCA Closes at 8:00pm

**YMCA at Pabst Farms THERAPY POOL SCHEDULE January 2 - February 23, 2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-5:40 am <b>OPEN SWIM</b>	5:00-7:45 am <b>OPEN SWIM</b>	5:00-5:40am <b>OPEN SWIM</b>	5:00 - 7:45 am <b>OPEN SWIM</b>	5:00 - 6:15 am Aqua Fitness	6:00-8:45 am <b>OPEN SWIM</b>	8:00 am-4:55 pm <b>OPEN SWIM</b>
5:45-6:45am Aqua Challenge	7:45-8:30 am Aqua Fitness	5:45-6:45am Aqua Challenge	7:45 - 8:30 am Aqua Fitness	6:15 - 8:50 am <b>OPEN SWIM</b>		
6:45-9:00am <b>OPEN SWIM</b>	8:30-9:00 am <b>OPEN SWIM</b>	6:45-9:00am <b>OPEN SWIM</b>	8:30-9:00 am <b>OPEN SWIM</b>			
9:00-11:00 am Swim Lessons <b>1/2 POOL OPEN SWIM</b>	9:00-9:45 am Aqua Fitness	9:00-11:00 am Swim Lessons <b>1/2 POOL OPEN SWIM</b>	9:00-9:45 am Aqua Zumba	8:50-10:40 am Swim Lessons	8:45 - 11:00 am Swim Lessons	
11:00-11:45 am Joint Movement	9:45-10:45 am <b>1/2 POOL OPEN SWIM</b> 10:00-10:30 am Yoga Stretch 11:00-11:45 am Joint Movement	11:00-11:45 am Joint Movement	9:45-11:00 am <b>1/2 POOL OPEN SWIM</b> 10:00-10:30 am Yoga Stretch 11:00-11:45 am Joint Movement	11:00-11:45 am Joint Movement		
11:45 am -12:45 pm Adult Swim	11:45am-12:45 pm Adult Swim	11:45am-12:30 pm Adult Swim	11:45am-12:45 pm Adult Swim	11:45am-12:45 pm Adult Swim	11:00 am - 7:30 pm <b>OPEN SWIM</b>	
12:45 - 1:30 pm <b>OPEN SWIM</b>	12:45 - 1:30 pm <b>OPEN SWIM</b>	12:30 - 1:30 pm Parkinson's Class <b>1/2 POOL OPEN SWIM</b>	12:45 - 1:00 pm <b>OPEN SWIM</b>	12:45 - 1:30 pm <b>OPEN SWIM</b>		
1:30-2:15 pm Aqua Fitness	1:30-2:15 pm Aqua Zumba	1:30-2:15 pm Aqua Fitness	1:00-3:00 pm Swim Lessons	1:30-2:15 pm Aqua Fitness		
2:15-5:30 pm <b>OPEN SWIM</b>	2:15 - 4:00 pm <b>OPEN SWIM</b>	2:30-4:00 pm <b>OPEN SWIM</b>	<b>1/2 POOL OPEN SWIM</b>	2:30-9:00 pm <b>OPEN SWIM</b>	4:55-7:00 pm Swim Lessons	
4:00-5:00 PM Swim Lessons <b>1/2 POOL OPEN SWIM</b>	4:00-5:00 PM Swim Lessons <b>1/2 POOL OPEN SWIM</b>		3:00-4:00 pm <b>OPEN SWIM</b> 4:00-5:00 PM Swim Lessons <b>1/2 POOL OPEN SWIM</b>			
5:00-6:40 pm Swim Lessons	5:00-6:50 pm Swim Lessons	4:00-7:15 pm Adaptive Aquatics	5:00-6:45 pm Swim Lessons			
6:50-7:35 pm Aqua Challenge	6:50-7:30 pm Swim Lessons <b>1/2 POOL OPEN SWIM</b>		6:45-7:30 pm <b>1/2 POOL OPEN SWIM</b>			
7:45-9:00 pm <b>OPEN SWIM</b>	7:30-9:00 pm <b>OPEN SWIM</b>	7:15-9:00 pm <b>OPEN SWIM</b>	7:30-9:00 pm <b>OPEN SWIM</b>		YMCA Closes at 8:00 pm	YMCA Closes at 8:00pm

**YMCA at Pabst Farms COMPETITIVE POOL SCHEDULE January 2 - February 23, 2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 am - 8:50 am (8) 8:50am - 10:00am (3) 10:00am - 3:30pm (7) 3:30 pm - 5:45 pm (1) 5:45 pm - 6:30 pm (2) 6:30 pm - 7:30 pm (3) 7:30 pm - 9:30 pm (7)	5:00 am - 5:45 am (8) 5:45 am - 7:15 am (1) 7:15 am -8:55 am (8) 8:55 am - 10:05 am (3) 10:05 am - 4:00 pm (8) 4:00 pm - 6:30 pm (1) 6:30 pm - 7:30 pm (4) 7:30 pm - 9:30 pm (8)	5:00 am - 8:55 am (8) 8:55 am - 10:00 am (2) 10:00 am - 3:30 pm (8) 3:30 pm - 4:15 pm (1) <b>4:15 pm - 5:45 pm (0)</b> 5:45 pm - 7:15 pm (1) 7:15 pm - 8:30 pm (2) 8:30 pm - 9:30 pm (8)	5:00 am - 5:45 am (8) 5:45 am - 7:15 am (1) 7:15 am - 8:55 am (8) 8:55 am -10:05 am (3) 10:05 am - 1:00 pm (8) 1:00 pm - 3:00 pm (7) 3:00 pm - 4:00 pm (8) 4:00 pm - 5:45 pm (1) 5:45 pm - 6:30 pm (2) 6:30 pm - 7:30 pm (4) 7:30 pm - 9:30 pm (8)	5:00 am - 8:50 am (5) 8:50 am -10:00 am (2) 10:00am -12:45pm (8) 12:45pm - 3:30pm (6) 3:30 pm - 5:45 pm (1) 5:45 pm - 6:30 pm (2) 6:30 pm - 7:30 pm (6) 7:30 pm - 9:30 pm (8)	6:00 am - 6:30am (8) 6:30 am - 8:00am (2) <b>8:00 am - 9:30am (0)</b> 9:30 am - 10:30am (4) 10:30 am - 11:00am (6) 11:00 am -7:30 pm (7)	8:00 am - 12:00 pm(5) 12:00 pm - 3:00 pm(7) 3:00pm - 7:30 pm (4)

Number in ( ) indicates number of lanes available for lap swim.

PLEASE NOTE: Lanes designated for lap swim weekdays from 3:15 pm - 7:00 pm are reserved for adult members, ages 18 & up.

As a courtesy, all swimmers are expected to share lanes and circle swim during lap swim.

Please note that due to programming, there may be brief periods of time when there are zero lanes available for lap swim.

SEE REVERSE SIDE FOR POOL CLOSINGS. Schedules are always available at [www.ymcaatpabstfarms.org](http://www.ymcaatpabstfarms.org).