



WINSTON AQUATICS

AQUATICS YOUTH AGE GUIDELINES USAGE

- RED SWIM BAND | Non-Swimmer**
 - If under 12 years old, parent/guardian must be within arm's length.
 - If under 5 years old, they may wear a US Coast Guard Personal Floatation device.
- YELLOW SWIM BAND | Child Has Passed Shallow Water Swim Test**
 - If under 12 years old, parent/guardian must remain on pool deck. Child may swim in a zone that is armpit-deep or less.
- GREEN SWIM BAND | Child Has Passed Deep Water Swim Test**
 - If under 11 years old, parent must remain on pool deck.
 - If over 11 years old, parent must be at the facility. Child may swim without parent supervision as long as conduct does not warrant otherwise.

All children under 15 years old must take a swim test before entering the pool. Swim testing policy is available on the pool deck.

LAP SWIM POOL:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LAP SWIM 6:00 a.m. – 8:00 p.m.	LAP SWIM 6:00 a.m. – 6:45 p.m.	LAP SWIM 6:00 a.m. – 8:00 p.m.	LAP SWIM 6:00 a.m. – 6:45 p.m.	LAP SWIM 6:00 a.m. – 8:00 p.m.	LAP SWIM 7:00 a.m. – 1:00 p.m.	LAP SWIM 8:00 a.m. – 1:00 p.m.
Members Only Family Swim (1 lane) 1:00 p.m. – 3:00 p.m.	Members Only Family Swim (1 lane) 1:00 p.m. – 3:00 p.m.	Deep Water Aqua Class (3 lanes) 8:00 – 8:45 a.m.	Members Only Family Swim (1 lane) 1:00 p.m. – 3:00 p.m.	Members Only Family Swim (1 lane) 1:00 p.m. – 3:00 p.m.	Swim Lessons (2 lanes) 11:45 a.m. – 12:45 p.m.	
Swim Lessons (2 lanes) 5:00 p.m. – 7:00 p.m.	Youth Elite Training 6:45–7:45 p.m.	Swim Lessons (2 lanes) 5:00 p.m. – 7:00 p.m.	Youth Elite Training 6:45–7:45 p.m.			

* Sharing lanes and circle swimming may be necessary during peak hours.

* Openings are subject to staffing ratios.

* **YMCA WEATHER POLICY:** The pool and pool deck will close for thunder and lightning until 30 minutes after the last occurrence.

PROGRAM POOL:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walking Lanes 6:00 a.m. – 8:00 a.m.	Walking Lanes 6:00 a.m. – 8:00 a.m.	Walking Lanes 6:00 a.m. – 8:00 a.m.	Walking Lanes 6:00 a.m. – 8:00 a.m.	Walking Lanes 6:00 a.m. – 9:00 a.m.	Walking Lanes 7:00 a.m. – 8:15 a.m.	
Aqua Splash 8:00 a.m. – 9:00 a.m.	Aqua Yoga 8:00 a.m. – 8:45 a.m.	Aqua Yoga 8:00 a.m. – 8:45 a.m.	Aqua Yoga 8:00 a.m. – 8:45 a.m.	Members Only Family Swim 9:00 a.m. – 11:00 a.m.	Swim Lessons 8:30 a.m. – 1:00 p.m.	Members Only Family Swim 8:00 a.m. – 1:00 p.m.
Members Only Family Swim 9:00 a.m. – 11:00 a.m.	Walking Lanes 9:00 a.m. – 10:00 a.m.	Aqua Fitness 9:00 a.m. – 9:45 a.m.	Aqua Fitness 9:00 a.m. – 9:45 a.m.			
	Adult Swim Lessons 10:00 a.m. – 10:45 a.m.	Walking Lanes 10:00 a.m. – 11:00 a.m.	Adult Swim Lessons 10:00 a.m. – 10:45 a.m.			
Brooks Rehab 11:00 a.m. – 1:00 p.m.	Brooks Rehab 11:00 a.m. – 1:00 p.m.	Brooks Rehab 11:00 a.m. – 1:00 p.m.	Brooks Rehab 11:00 a.m. – 1:00 p.m.	Brooks Rehab 11:00 a.m. – 1:00 p.m.		
Walking Lanes 1:00 p.m. – 3:00 p.m.	Walking Lanes 1:00 p.m. – 3:00 p.m.	Walking Lanes 1:00 p.m. – 3:00 p.m.	Walking Lanes 1:00 p.m. – 3:00 p.m.	Walking Lanes 1:00 p.m. – 3:00 p.m.		
Members Only Family Swim 3:00 p.m. – 5:00 p.m.	Members Only Family Swim 3:00 p.m. – 5:00 p.m.	Members Only Family Swim 3:00 p.m. – 5:00 p.m.	Members Only Family Swim 3:00 p.m. – 5:00 p.m.	Members Only Family Swim 3:00 p.m. – 6:45 p.m.		
Group Swim Lessons 5:00 p.m. – 7:00 p.m.	Group Swim Lessons 5:00 p.m. – 6:00 p.m.	Group Swim Lessons 5:00 p.m. – 7:00 p.m.	Group Swim Lessons 5:00 p.m. – 6:00 p.m.			
Members Only Family Swim 7:00 p.m. – 8:00 p.m.	Members Only Family Swim 6:00 p.m. – 7:45 p.m.	Members Only Family Swim 7:00 p.m. – 8:00 p.m.	Members Only Family Swim 6:00 p.m. – 7:45 p.m.			