



WINSTON AQUATICS

LAP SWIM POOL:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM 6:00AM-8:00PM	LAP SWIM 6:00AM-6:45PM	LAP SWIM 6:00AM-8:00PM	LAP SWIM 6:00AM-6:45PM	LAP SWIM 6:00AM-7:45PM	LAP SWIM 7:00AM-3:00PM	LAP SWIM 8:00AM-1:00PM
DEEP WATER AQUA CLASS (3 LANES) 9:00-9:45AM	MEMBERS ONLY FAMILY SWIM (1 LANE) 1:00-3:00PM	DEEP WATER AQUA CLASS (3 LANES) 8:00-8:45AM	MEMBERS ONLY FAMILY SWIM (1 LANE) 1:00-3:00PM	DEEP WATER AQUA CLASS (3 LANES) 9:00-9:45AM	SWIM LESSONS (2 LANES) 11:45AM-12:45PM	
SWIM LESSONS (2 LANES) 5:00-7:00PM	YOUTH ELITE TRAINING 6:45-7:45PM	SWIM LESSONS (2 LANES) 5:00-7:00PM	YOUTH ELITE TRAINING 6:45-7:45PM			

- **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.**

AQUATICS YOUTH AGE GUIDELINES USAGE

1. **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.
 2. **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.
 3. **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.

PROGRAM POOL:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WALKING LANES 6:00-8:00AM	WALKING LANES 6:00-8:00AM	WALKING LANES 6:00AM-8:00AM	WALKING LANES 6:00-8:00AM	WALKING LANES 6:00-8:15AM	WALKING LANES 7:00-8:15AM	
AQUA SPLASH 8:00-9:00AM	AQUA YOGA 8:00-8:45AM	AQUA YOGA 8:00-8:45AM	AQUA YOGA 8:00-8:45AM	SWIM LESSONS 8:30-9:00AM	SWIM LESSONS 8:30AM-1:00PM	MEMBERS ONLY FAMILY SWIM 8:00AM-1:00PM
MEMBERS ONLY FAMILY SWIM 10:00-11:00AM	WALKING LANES 9:00-10:00AM	AQUA FITNESS 9:00-9:45AM	AQUA FITNESS 9:00-9:45AM	MEMBERS ONLY FAMILY SWIM 9:00-11:00AM	MEMBERS ONLY FAMILY SWIM 1:00-3:00PM	
	ADULT SWIM LESSONS 10:00-10:45AM	WALKING LANES 10:00-11:00AM	ADULT SWIM LESSONS 10:00-10:45AM			
BROOKS REHAB 11:00AM-1:00PM	BROOKS REHAB 11:00AM-1:00PM	BROOKS REHAB 11:00AM-1:00PM	BROOKS REHAB 11:00AM-1:00PM	BROOKS REHAB 11:00AM-1:00PM		
WALKING LANES 1:00-3:00PM	WALKING LANES 1:00-3:00PM	WALKING LANES 1:00-3:00PM	WALKING LANES 1:00-3:00PM	WALKING LANES 1:00-3:00PM		
MEMBERS ONLY FAMILY SWIM 3:00-5:00PM	MEMBERS ONLY FAMILY SWIM 3:00-5:00PM	MEMBERS ONLY FAMILY SWIM 3:00-5:00PM	MEMBERS ONLY FAMILY SWIM 3:00-5:00PM	MEMBERS ONLY FAMILY SWIM 3:00-7:45PM		
GROUP SWIM LESSONS 5:00-8:00PM	GROUP SWIM LESSONS 5:00-8:00PM	GROUP SWIM LESSONS 5:00-8:00PM	GROUP SWIM LESSONS 5:00-8:00PM			

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