



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-1:00PM	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) 9:00-9:45AM	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 6:00-8:45AM	WALKING LANES 7:00-8:15AM	
AQUA SPLASH 8:00-9:00AM	AQUA YOGA 8:00-8:45AM	AQUA TONE 8:00-8:45AM	AQUA YOGA 8:00-8:45AM	SWIM LESSONS 8:45-9:30AM	SWIM LESSONS 8:30AM-1:00PM	MEMBERS ONLY FAMILY SWIM 8:00AM-1:00PM
MEMBERS ONLY FAMILY SWIM 9:00-11:00AM	WALKING LANES 9:00-10:00AM	AQUA FITNESS 9:00-9:45AM	AQUA FITNESS 9:00-9:45AM	MEMBERS ONLY FAMILY SWIM 9:30-11:00AM	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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