



# WINSTON AQUATICS

## LAP SWIM POOL:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LAP SWIM</b> 6:00AM-8:00PM	<b>LAP SWIM</b> 6:00AM-6:45PM	<b>LAP SWIM</b> 6:00AM-8:00PM	<b>LAP SWIM</b> 6:00AM-6:45PM	<b>LAP SWIM</b> 6:00AM-7:45PM	<b>LAP SWIM</b> 7:00AM-1:00PM	<b>LAP SWIM</b> 8:00AM-1:00PM
<b>DEEP WATER AQUA CLASS</b> (3 LANES) 9:00-9:45AM	<b>MEMBERS ONLY FAMILY SWIM</b> (1 LANE) 1:00-3:00PM	<b>DEEP WATER AQUA CLASS</b> (3 LANES) 9:00-9:45AM	<b>MEMBERS ONLY FAMILY SWIM</b> (1 LANE) 1:00-3:00PM	<b>DEEP WATER AQUA CLASS</b> (3 LANES) 9:00-9:45AM	<b>SWIM LESSONS</b> (2 LANES) 11:45AM-12:45PM	
<b>SWIM LESSONS</b> (2 LANES) 5:00-7:00PM	<b>YOUTH SWIM TEAM</b> 6:45-7:45PM	<b>SWIM LESSONS</b> (2 LANES) 5:00-7:00PM	<b>YOUTH SWIM TEAM</b> 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
<b>WALKING LANES</b> 6:00-8:00AM	<b>WALKING LANES</b> 6:00-8:00AM	<b>WALKING LANES</b> 6:00AM-8:00AM	<b>WALKING LANES</b> 6:00-8:00AM	<b>WALKING LANES</b> 6:00-8:00AM	<b>WALKING LANES</b> 7:00-8:15AM	
<b>AQUA SPLASH</b> 8:00-9:00AM	<b>AQUA YOGA</b> 8:00-8:45AM	<b>AQUA TONE</b> 8:00-8:45AM	<b>AQUA YOGA</b> 8:00-8:45AM	<b>AQUA YOGA</b> 8:00-8:45AM	<b>SWIM LESSONS</b> 8:30AM-1:00PM	<b>MEMBERS ONLY FAMILY SWIM</b> 8:00AM-1:00PM
<b>MEMBERS ONLY FAMILY SWIM</b> 9:00-11:00AM	<b>WALKING LANES</b> 9:00-10:00AM	<b>AQUA FITNESS</b> 9:00-9:45AM	<b>AQUA FITNESS</b> 9:00-9:45AM	<b>SWIM LESSONS</b> 8:45-9:30AM	<b>MEMBERS ONLY FAMILY SWIM</b> 1:00-3:00PM	
	<b>ADULT SWIM LESSONS</b> 10:00-10:45AM	<b>WALKING LANES</b> 10:00-11:00AM	<b>ADULT SWIM LESSONS</b> 10:00-10:45AM	<b>MEMBERS ONLY FAMILY SWIM</b> 9:30-11:00AM		
<b>BROOKS REHAB</b> 11:00AM-1:00PM	<b>BROOKS REHAB</b> 11:00AM-1:00PM	<b>BROOKS REHAB</b> 11:00AM-1:00PM	<b>BROOKS REHAB</b> 11:00AM-1:00PM			
<b>WALKING LANES</b> 1:00-3:00PM	<b>WALKING LANES</b> 1:00-3:00PM	<b>WALKING LANES</b> 1:00-3:00PM	<b>WALKING LANES</b> 1:00-3:00PM	<b>BROOKS REHAB</b> 11:00AM-1:00PM		
<b>MEMBERS ONLY FAMILY SWIM</b> 3:00-5:00PM	<b>MEMBERS ONLY FAMILY SWIM</b> 3:00-5:00PM	<b>MEMBERS ONLY FAMILY SWIM</b> 3:00-5:00PM	<b>MEMBERS ONLY FAMILY SWIM</b> 3:00-5:00PM	<b>WALKING LANES</b> 1:00-3:00PM		
<b>GROUP SWIM LESSONS</b> 5:00-8:00PM	<b>GROUP SWIM LESSONS</b> 5:00-8:00PM	<b>GROUP SWIM LESSONS</b> 5:00-8:00PM	<b>GROUP SWIM LESSONS</b> 5:00-8:00PM	<b>MEMBERS ONLY FAMILY SWIM</b> 3:00-7:45pm		

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