



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
NAVY TRAINING (2 LANES) 7:00-9:00AM	FAMILY SWIM (1 LANE) 1:00-3:00PM	NAVY TRAINING (2 LANES) 7:00-9:00AM	YOUTH SWIM TEAM 6:45-7:45PM	NAVY TRAINING (2 LANES) 7:00-9:00AM	SWIM LESSONS (2 LANES) 11:45AM-12:45PM	
DEEP WATER AQUA CLASS (3 LANES) 9:00-9:45AM	YOUTH SWIM TEAM 6:45-7:45PM	DEEP WATER AQUA CLASS (3 LANES) 9:00-9:45AM		DEEP WATER AQUA CLASS (3 LANES) 9:00-9:45AM		
FAMILY SWIM (1 LANE) 1:00-3:00PM		FAMILY SWIM (1 LANE) 1:00-3:00PM		FAMILY SWIM (1 LANE) 1:00-3:00PM		
SWIM LESSONS (2 LANES) 5:00-7:00PM		SWIM LESSONS (2 LANES) 5:00-7:00PM				

- **YMCA WEATHER POLICY:** The pool and pool deck will close for thunder and lightning until 30 minutes after the last occurrence.
- **Sharing lanes and circle swimming may be necessary during peak hours.**
- **Openings are subject to staffing ratios.**

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.

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 6:00-8:00AM	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	AQUA YOGA 8:00-8:45AM	SWIM LESSONS 8:30AM-1:00PM	FAMILY SWIM 8:00AM-1:00PM
FAMILY SWIM 9:00-11:00AM	WALKING LANES 9:00-10:00AM	AQUA FITNESS 9:00-9:45AM	AQUA FITNESS 9:00-9:45AM	SWIM LESSONS 8:45-9:30AM	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	FAMILY SWIM 9:30-11:00AM		
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	BROOKS REHAB 11:00AM-1:00PM		
FAMILY SWIM 3:00-5:00PM	FAMILY SWIM 3:00-5:00PM	FAMILY SWIM 3:00-5:00PM	FAMILY SWIM 3:00-5:00PM	WALKING LANES 1:00-3:00PM		
GROUP SWIM LESSONS 5:00-7:00PM	GROUP SWIM LESSONS 5:00-7:30PM	GROUP SWIM LESSONS 5:00-7:00PM	GROUP SWIM LESSONS 5:00-7:30PM	FAMILY SWIM 3:00-7:45pm		
FAMILY SWIM 7:00-8:00PM	FAMILY SWIM 7:30-8:00PM	FAMILY SWIM 7:00-8:00PM	FAMILY SWIM 7:30-8:00PM			

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