



AQUATIC CENTER SCHEDULE

OPEN SWIM TIMES

DAY	TIMES
Monday - Friday	12:00 pm - 3:00 pm 7:00 pm - 8:30 pm
Saturday	1:00 pm - 4:30 pm
Sunday	12:00 pm - 3:30 pm

LAP SWIM TIMES

DAY	TIMES
Monday - Friday	5:30 am - 9:30 am 10:30 am - 8:30 pm
Saturday	6:00 am - 4:30 pm
Sunday	12:00 pm - 3:30 pm

Swimmers are required to circle swim and share lanes with others. There will be no designated lap lanes during some programming.

CLASS SWIM TIMES

CLASS	DAY	TIMES
Aqua Aerobics	M/W/F	8:30 am - 9:30 am
Water Walking	M/T/W/F	9:30 am - 10:30 am
Aqua 1	M/T/W/F	9:30 am - 10:30 am
Arthritis 1	M/T/W/TH/F	9:30 am - 10:30 am
Aqua 2	M/T/W/F	10:30 am - 11:30 am
Arthritis 2	M/T/W/TH	10:30 am - 11:30 am
Aqua Fitness	M/T/TH	5:30 pm - 6:15 pm



- ⇒ Schedule is subject to change without any notice.
- ⇒ Multiple activities are often scheduled in the aquatic center at the same time; please **RESPECT** everyone's scheduled programs.

SWIM LESSON TIMES

DAY	TIMES
Monday - Thursday	5:00 pm - 7:00 pm
Saturday	9:00 am - 1:00 pm

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ST. JOSEPH FAMILY YMCA

PLEASE REMEMBER TO SHOWER BEFORE SWIMMING.

▶ FOR YOUR SAFETY, THE AQUATIC CENTER WILL BE CLOSED DURING THUNDERSTORMS.



AQUATIC CENTER RULES

At the YMCA, the core character values of caring, honesty, respect, and responsibility guide everything we do. To make sure that the YMCA is a place everyone can enjoy, we ask that all members abide by the following safety rules.

- A responsible adult (18+) must be: in the pool with children 4 & under; in the Aquatic Center in close proximity with children 5-8; present in the building with children 9-12.
- Anyone in lifejackets and flotation devices must stay in shallow end unless participating in class.
- Children 12 & under must take a deep water test from the lifeguard before swimming in deep water.
- Diving is allowed ONLY during swim lessons and swim team practices.
- **EVERYONE MUST SHOWER BEFORE ENTERING POOL OR HOT TUB.**
- Children not potty trained must wear swim diapers.
- For everyone's safety, tossing children in the air, dunking, shoulder riding, and horseplay is not allowed.
- Help keep our aquatic center clean by not bringing food or drink (other than water or Gatorade type drinks) into the pool area.
- For your safety, please do not chew gum while swimming or exercising nor run on the deck.
- YMCA serves families, therefore when entering the lobby please wear a shirt or robe/cover-up and shoes.
- Please enter the aquatic center through the back locker room doors after showering.
- For your safety and per insurance regulations—breath holding exercises are not allowed while in the water.
- Patrons must be 18 years old to use the hot tub on deck per YMCA policy.



FOR MORE INFO, PLEASE CONTACT
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