



AQUATIC CENTER SCHEDULE

OPEN/FAMILY SWIM TEAM

MON	TUE	WED	THU	FRI	SAT	SUN
12:00 pm-3:00 pm	12:00 pm-3:00 pm	12:00 pm-3:00 pm	12:00 pm-3:00 pm	12:00 pm-6:00 pm	1:00 pm-4:30 pm	12:00 pm-3:30 pm
7:00 pm-8:30 pm	7:00 pm-8:30 pm	7:00 pm-8:30 pm	7:00 pm-8:30 pm			

CLASS SWIM TIMES

CLASSES	MON	TUE	WED	THU	FRI
Aqua Aerobics	8:30am-9:30am		8:30am-9:30am		8:30am-9:30am
Water Walking & Aqua 1	9:30am-10:30am	9:30am-10:30am	9:30am-10:30am		9:30am-10:30am
Arthritis 1	9:35am-10:20am	9:35am-10:20am	9:35am-10:20am	9:35am-10:20am	9:35am-10:20am
Aqua 2	10:30am-11:30am	10:30am-11:30am	10:30am-11:30am		10:30am-11:30am
Arthritis 2	10:30am-11:30am	10:30am-11:30am	10:30am-11:30am	10:30am-11:30am	10:30am-11:30am
Aqua Fitness	5:30pm-6:15pm	5:30pm-6:15pm		5:30pm-6:15pm	

SWIM LESSON TIMES

MON	TUE	WED	THU	FRI	SAT	SUN
5:00 pm-7:00 pm	5:00 pm-7:00 pm	5:00 pm-7:00 pm	5:00 pm-7:00 pm		9:00 AM - 1:00 PM	

LAP SWIM TIMES

MON	TUE	WED	THU	FRI	SAT	SUN
5:30 am-9:30 am	5:30 am-8:30 pm	5:30 am-9:30 am	5:30 am-8:30 pm	5:30 am-9:30 am	6:00 am-4:30 pm	12:00 pm-3:30 pm
10:30 am-6:00 pm		10:30 am-6:00 pm		10:30 am-6:00 pm		

AQUATIC CENTER SCHEDULE

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.

- ⇒ 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.

**FOR MORE INFO, PLEASE CONTACT
ST. JOSEPH FAMILY YMCA**

315 S. 6TH STREET, ST. JOSEPH MO 64501
P 816 233 YMCA(9622) W stjyomca.org

