



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KETTLE MORaine YMCA

Large Pool Schedule

Final Winter 1 Schedule: January 2 – February 26, 2012

To serve our members better this is the final version of the Winter 1 schedules. The Winter 2 Draft Schedules will come out February 13 and will be available on our walls and website. *Changes from the current schedule have been bolded.

MONDAY

5:00am – 7:15am	Adult Lap Swim
7:15am – 8:15am	Aquatic Exercise*
8:15am – 11:30am	Open/Double Lap
11:30am – 1:00pm	Adult Lap Swim
1:00pm – 2:30pm	Open/Double Lap
2:30pm – 3:30pm	Senior Fitness/Lap
3:30pm – 4:15pm	Swim Lessons/Lap
4:15pm – 6:00pm	Adult Lap Swim
6:00pm – 7:00pm	Water Jog/Lap
7:00pm – 8:00pm	Swim Club*
8:00pm – 9:45pm	Open/Double Lap

FRIDAY

5:00am – 7:15am	Adult Lap Swim
7:15am – 8:15am	Aquatic Exercise*
8:15am – 9:00am	Adult Lap Swim
9:00am – 10:00am	Water Jog/Lap
10:00am – 11:30am	Open/Double Lap
11:30am – 1:00pm	Adult Lap Swim
1:00pm – 2:30pm	Open/Double Lap
2:30pm – 3:30pm	Senior Fitness/Lap
3:30pm – 5:00pm	Open/Double Lap
4:45pm – 5:45pm	Master Swim/Lap Swim
6:00pm – 7:00pm	Swim Club*
7:00pm – 9:45pm	Open/Double Lap

TUESDAY

5:00am – 9:00am	Adult Lap Swim
9:00am – 10:05am	Water Jog*
10:05am – 10:35am	Aqua Salsa/Lap
10:35am – 1:00pm	Adult Lap Swim
1:00pm – 4:15pm	Open/Double Lap
4:15pm – 5:00pm	Swim Lessons/Lap
5:00pm – 6:00pm	Adult Lap Swim
6:00pm – 6:50pm	Swim Lessons/Lap
6:50pm – 9:45pm	Open/Double Lap

SATURDAY

6:00am – 8:00am	Adult Lap Swim
8:00am – 9:00am	Adult Aqua Tech*
9:00am – 11:30am	Swim Lessons/Lap
11:30am – 1:00pm	Adult Lap Swim
1:00pm – 3:00pm	Open/Double Lap
3:00pm – 5:45pm	Adult Lap Swim

WEDNESDAY

5:00am – 7:15am	Adult Lap Swim
7:15am – 8:15am	Aquatic Exercise*
8:15am – 11:30am	Open/Double Lap
11:30am – 1:00pm	Adult Lap Swim
1:00pm – 2:30pm	Open/Double Lap
2:30pm – 3:30pm	Senior Fitness/Lap
3:30pm – 4:15pm	Open/Double Lap
4:15pm – 5:00pm	Swim Lessons/Lap
5:00pm – 6:00pm	Adult Lap Swim
6:00pm – 7:00pm	Water Jog/Lap
7:00pm – 8:00pm	Swim Club*
8:00pm – 9:45pm	Open/Double Lap

SUNDAY

7:00am – 11:30am	Adult Lap Swim
11:30am – 2:30pm	Open/Double Lap
2:30pm – 3:15pm	Swim Lessons/Lap
3:15pm – 3:45pm	Open/Double Lap

A single lap lane will be available during all classes and lessons unless otherwise noted. *No lap lane available.

ADULT LAP SWIM

****Ages 18 and up****

Days offered: M, T, W, TH, F, SA, SU

All lap lanes open.

OPEN/DOUBLE LAP

Days offered: M, T, W, TH, F, SA, SU

Two lap lanes available, while open swim is held in other section of pool.

For more information on the following classes please see our group exercise schedules.

Aquatic Exercise, Aqua Salsa, Log Rolling, Senior Fitness, Water Jog, Swim Club, Hydro-Tone Fitness, Adult Aqua Tech, Join-Effort Fitness, Master Swim

For pool rules and restrictions please see reverse.

For questions regarding youth swim lessons and adult water exercise classes please contact Carol Schroeder at 262-247-1010 or cschroeder@kmymca.org.

THURSDAY

5:00am – 9:00am	Adult Lap Swim
9:00am – 10:00am	Water Jog*
10:00am – 1:00pm	Adult Lap Swim
1:00pm – 4:15pm	Open/Double Lap
4:15pm – 5:00pm	Swim Lessons/Lap
5:00pm – 6:00pm	Adult Lap Swim
6:00pm – 7:35pm	Swim Lessons/Lap
7:35pm – 9:45pm	Open/Double Lap



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KETTLE MORAINÉ YMCA

Small Pool Schedule

Final Winter 1 Schedule: January 2 – February 26, 2012

MONDAY

5:00am – 8:00am	Adult Swim (14-up)
8:00am – 8:45am	CLOSED
8:45am – 10:30am	Swim Lessons
11:00am – 12:00pm	Joint-Effort Fitness
12:00pm – 1:00pm	Adult Swim (14-up)
1:00pm – 2:30pm	Open Swim
2:30pm – 3:30pm	Senior Fitness
3:30pm – 7:15pm	Swim Lessons
7:15pm – 9:00pm	Open Swim
9:00pm – 10:00pm	CLOSED

TUESDAY

5:00am – 8:45am	Adult Swim (14-up)
8:45am – 10:30am	Swim Lessons
10:40am – 11:25am	Hydro-Tone Fitness
11:25am – 12:00pm	Open Swim
12:00pm – 1:00pm	Adult Swim (14-up)
1:00pm – 4:15pm	CLOSED
4:15pm – 7:15pm	Swim Lessons
7:15pm – 9:00pm	CLOSED

WEDNESDAY

5:00am – 8:00am	Adult Swim (14-up)
8:00am – 8:45am	CLOSED
8:45am – 10:30am	Swim Lessons
11:00am – 12:00pm	Joint-Effort Fitness
12:00pm – 1:00pm	Adult Swim (14-up)
1:00pm – 2:30pm	Open Swim
2:30pm – 3:30pm	Senior Fitness
4:15pm – 7:15pm	Swim Lessons
7:15pm – 9:00pm	Open Swim
9:00pm – 10:00pm	CLOSED

THURSDAY

5:00am – 8:45am	Adult Swim (14-up)
8:45am – 10:30am	Swim Lessons
10:40am – 11:25am	Hydro-Tone Fitness
11:25am – 12:00pm	Open Swim
12:00pm – 1:00pm	Adult Swim (14-up)
1:00pm – 4:15pm	CLOSED
4:15pm – 7:15pm	Swim Lessons
7:15pm – 9:00pm	CLOSED

For questions regarding youth swim lessons and adult water exercise classes please contact Carol Schroeder at 262-247-1010 or cschroeder@kmymca.org.

FRIDAY

5:00am – 8:00am	Adult Swim (14-up)
8:00am – 11:00am	Open Swim
11:00am – 12:00pm	Joint-Effort Fitness
12:00pm – 1:00pm	Adult Swim (14-up)
1:00pm – 2:30pm	Open Swim
2:30pm – 3:30pm	Senior Fitness
4:00pm – 9:00pm	CLOSED

SATURDAY

6:00am – 9:00am	Adult Swim (14-up)
9:00am – 12:35pm	Swim Lessons
12:35pm – 2:30pm	Open Swim
2:30pm – 5:45pm	CLOSED

SUNDAY

8:30am – 12:00pm	Open Swim
12:00pm – 2:30pm	CLOSED
2:30pm – 3:45pm	Swim Lessons

POOL RULES

- Showers are to be taken before entering the pool and after use of the toilet facilities.
- Participants must wear a swim suit when swimming. A t-shirt over the suit is permitted when it is white and fitted to the body.
- Children who are not toilet trained are required to wear a swim diaper covered by a tight suit or plastic pants.
- An adult must be in the water actively supervising children during Family Swim.
- Children 7 and younger must have an adult in the water actively supervising the child and be within arm's reach of the child at all times.
- Masks that cover the nose are not permitted.
- Inflatable devices (water wings, arm floaties, rafts, tubes, ect.) are not permitted.
- Swimmers under the age of 16 (or by the lifeguard's discretion) must pass the swim test to swim in the deep end of the pool:
 - Jump into the shallow end, feet first.
 - Swim to the lane line and back with a strong stroke, arms coming out of the water, without stopping.
 - Climb out of the pool, jump into water over the swimmer's head, and tread water for 30 seconds.
- Lap Swim is for those 14 years old and older. Children under the age of 14 may use lap lanes to swim laps if there are no adults waiting to use the lanes.**



FOR YOUTH DEVELOPMENT
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KETTLE MORAINÉ YMCA

Family Adventure Pool Schedule

Final Winter 1 Schedule: January 2 – February 26, 2012

To serve our members better this is the final version of the Winter 1 schedules. The draft version of our Winter 2 schedules will come out February 13 and will be available on our walls and website.

MONDAY

8:00am – 11:00am	Zero Depth & Propulsion Walking
4:30pm – 5:30pm	Zero Depth & Propulsion Walking
5:30pm – 8:00pm	Open

TUESDAY

10:00am – 12:00pm	Open without Slides
2:00pm – 4:00pm	Open without Slides
4:00pm – 7:30pm	Open

WEDNESDAY

8:00am – 11:00am	Zero Depth & Propulsion Walking
4:30pm – 5:30pm	Zero Depth & Propulsion Walking
5:30pm – 8:00pm	Open

THURSDAY

10:00am – 12:00pm	Open without Slides
4:00pm – 7:30pm	Open

BODY SLIDE RULES: Patrons must be at least 40 inches tall or pass the swim test to use the body slide.

TUBE SLIDE RULES: Patrons must be at least 48 inches tall or pass the swim test to use the tube slide.

AGE REQUIREMENT: Children ages 7 & Under *MUST* be actively supervised by a supervising individual.

Proper swim attire is required.

Children not toilet trained are required to wear a swim diaper covered by a tight topped suit or plastic pants.

Inflatable flotation devices are not permitted except those provided by the YMCA unless they are coast guard approved.

FRIDAY

4:00pm – 6:00pm	Open
6:00pm – 8:00pm	Family Open
*ADULT ONLY SWIM – every 3 rd Friday 12pm-1pm	

SATURDAY

9:00am – 10:00am	Zero Depth & Propulsion Walking
10:00am – 12:00pm	Open without Slides
2:30pm – 5:30pm	Open

SUNDAY

12:00pm – 3:30pm	Open
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When school is out due to a scheduled closing, the Family Adventure Pool is open without slides 12pm-2pm in addition to regular hours.

ADULT ONLY SWIM

Includes Slides and Lazy River

****Riverwalk, Zero Depth Pool and Lap Lanes Closed****

Days offered: Every 3rd Friday from 12pm - 1pm

It's not just kid stuff! A chance for adults to ride the slides.

OPEN/FAMILY OPEN

Includes all Family Adventure Pool Areas

Days offered: M, T, W, TH, F, SA, SU

Come and enjoy all the Family Adventure Pool has to offer! During Family Open all patrons 17 years old and under must have supervising individuals accompanying them.

OPEN WITHOUT SLIDES

Includes Lap Lanes, Propulsion River, Zero Depth Pool, and Riverwalk ****Slides Closed****

Days offered: TH, SA

ZERO DEPTH & PROPULSION WALKING

Includes Zero Depth and Propulsion River

****Riverwalk, Lap Lanes & Slides Closed****

Days offered: M, W, SA

A great resistance workout! Walking or running with or against water current. ADULTS ONLY! Zero depth open for the kids.

DAY PASSES

Guests are welcome to pay for daily passes at the Welcome Desk. Guests 18 years and older must present a photo ID card. Rates are subject to change.

Youth \$7	Adult \$10	Senior \$9	Family \$15
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