



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GOTHENBURG YMCA INDOOR POOL

HOURS

Monday:

Lap Swim – 5:30 am–9:00 pm
Family Swim – 10:00 am–11:00 am
Open Swim – 5:30 pm–7:30 pm

Tuesday:

Lap Swim – 5:30 am–9:00 pm
Aqua Fit – 12:00 pm–12:45 pm
Open Swim – 5:30 pm–7:30 pm

Wednesday:

Lap Swim – 5:30 am–9:00 pm
Aqua Intervals – 5:45 am–6:15 am
Family Swim – 10:00 am–11:00 am
Open Swim – 5:30 pm–7:30 pm

Thursday:

Lap Swim – 5:30 am–9:00 pm
Aqua Fit – 12:00 pm–12:45 pm
Open Swim – 5:30 pm–7:30 pm

Friday:

Lap Swim – 5:30 am–9:00 pm
Aqua Intervals – 5:45 am–6:15 am
Family Swim – 10:00 am–11:00 am
Open Swim – 5:30 pm–7:30 pm

Saturday:

Lap Swim – 8:00 am–4:00 pm
Open Swim – 1:00 pm–3:00 pm

Sunday:

Lap Swim – 1:30 pm–4:30 pm
Open Swim – 1:30 pm–3:30 pm
Swim Team 4:30 pm–5:30 pm

RULES

AGE REQUIREMENTS OF THE POOL:

- Children 5 years of age and younger must have an adult (18 years or older) in the water with them.
- Children 6–9 years of age must have an adult in the pool area.
- Children 10–12 years of age must have an adult in the building.
- Children 13 years or older may swim independently.

SWIM TEST:

- Swimmers must pass a SWIM TEST to swim in water that is over chest deep.
- Participant must swim one full length of the lap pool using the front crawl with no breaks in between.
- Participant must tread water successfully for 30 seconds without touching the bottom or wall.

LAP SWIM:

- Please share lanes when needed.
- Use the “lane splitting” method if there are two people sharing a lane.
- Use the “circle swim” method during lap swim when sharing a lane with three or more people.
- To indicate that you plan to pass, tap the swimmer in front of you on the toes and then pass on the left side.
- If you need to rest or adjust your goggles, it’s best to get to the wall and move toward a corner to give other swimmers enough room.

YMCA AT GOTHENBURG HEALTH

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