



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GOTHENBURG YMCA INDOOR POOL

## HOURS

### Monday:

Lap Swim – 5:30 a.m.-9 p.m.  
Family Swim – 10 a.m.-11 a.m.  
Open Swim – 5:30 p.m.-7:30 p.m.

### Tuesday:

Lap Swim – 5:30 a.m.-9 p.m.  
Family Swim – 10 a.m.-11 a.m.  
Aqua Fit – Noon-12:45 p.m.  
Deep Water Aqua – 5:30 p.m.-6:15 p.m.  
Open Swim – 6-8 p.m.

### Wednesday:

Lap Swim – 5:30 a.m.-9 p.m.  
Aqua Intervals – 5:45 a.m.-6:15 a.m.  
Family Swim – 10 a.m.-11 a.m.  
Open Swim – 5:30-7:30 p.m.

### Thursday:

Swim Team – 6 a.m.-6:45 a.m.  
Lap Swim – 7 a.m.-9 p.m.  
Family Swim – 10 a.m.-11 a.m.  
Aqua Fit – Noon-12:45 p.m.  
Open Swim – 5:30 p.m.-7:30 p.m.

### Friday:

Lap Swim – 5:30 a.m.-5 p.m.  
Aqua Intervals – 5:45 a.m.-6:15 a.m.  
Family Swim – 3-5 p.m.  
Open Swim – 5:30 p.m.-5 p.m.

### Saturday:

Lap Swim – 8 a.m.-4 p.m.  
Open Swim – 1 p.m.-3 p.m.

### Sunday:

Lap Swim – 1:30 p.m.-4:30 p.m.  
Open Swim – 1:30 p.m.-3:30 p.m.  
Swim Team 4:30 p.m.-5:30 p.m.

## 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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