

Lap Swimming

Lap swimming is a great way to exercise. Swimming for exercise is easy on the joints and muscles and is often times used as a therapy and/or substitute for out of water exercise. There are many different strokes that can be used for lap swimming. There will be swim lanes reserved at all times for those wishing to use them. If lanes are not being used, water-walkers and other programs are able to use the designated pool space until a lap swimmer arrives and needs the lane. Please keep in mind that during high traffic times you may be asked to share a lane with other patrons. Please note, the pool may close unexpectedly or be reserved for events such as youth swim team practice. Lap swimming is free for those with a membership and no additional charge for those whom pay a day fee.

Family Open Swim

Family open swim is a time anyone is allowed to come splash in the pool. Please be courteous to the lap swimmers. There will be reserved lanes for those who are exercising during this time. Open swimmers are not permitted to play in these lanes unless no one is using them. Should a lap swimmer want to use a lane, any open swimmers will need to leave the area. Each child under the age of 12 years will need to take a Swim Test prior to swimming. The Swim Test helps ensure the safety of each person using our pools by doing a quick assessment of their swim ability. An adult may be required to be in the pool with children. Family open swim is free for all members and those paying a day fee.

Mommy/Daddy and Me

We have found that many parents want to expose their little ones to the life of aquatics at a young age without the loud, splashing and excited older children during open swim times. Your Columbus YMCA would like to welcome parents and their little ones to quiet, relaxing play time without the older kids. Parents are invited to bring their young ones (age 0-4 years) during designated times. This is a great opportunity bond with and stimulate your little one while meeting other parents/children. It is never too early to begin teaching water safety, encourage self-awareness, and self-confidence in the water. Together, these benefits may improve your young ones' overall wellness and social skills.

The YMCA recommends that infants no yonger than 6 months of age use the water. Please consult with your physician to see if swimming is right for your child; this program is free of cost and no instructor is provided.

Parent/child swim lesson classes will be available at designated times for those interested in a formal class setting with an instructor. Feel free to ask for more information.

Note: Certified swim diapers are required for anyone not completely toilet trained. They will be available for purchase at the front desk as needed.

Water Walking

Water walking can be a great form of exercise and/or therapy. Water's buoyancy reduces the impact on joints and working out in the water can help improve cardiovascular fitness, balance and range of motion. Water also has greater resistance than air, which means walking in water requires more effort and ultimately burns more calories than walking on land. Most prefer to walk in waist-deep to chest-deep water walking forward, backward, and side-to-side.

You are able to use the warm-water pool anytime it is not reserved for a program. There will be designated times/days where the lap pool will be available to those who wish to use cooler water for their work-out/therapy. Water-walking is free for all members and those paying a day fee.

Warm Pool "Open"

When listed on the schedule as "open" it means that members and those paying a day fee are allowed to utilize the warm pool for personal exercise.

Exercise

These are times that aqua classes are offered. These classes are free of charge to members and those paying a day fee.

Ah Chi

This is a specialty class offered in conjunction with Columbus Community Hospital. This class does have a fee and registration. Please see front desk for details



AQUATIC POOL SCHEDULE

December 2020

Columbus Family YMCA

Welcome to the wonderful world of aquatics!
The YMCA is so much more than just a pool.
Let us help you accomplish any aquatic goals you may have.
Jump in and join us today!

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Columbus Family YMCA Pool Schedule (December 2020)

**Times and lane availability are subject to change without notice

| | 5:15 AM | 6:00 AM | 7:00 AM | 8:00 AM | 9:00 AM | 10:00 AM | 11:00 AM | 12:00 PM | 1:00 PM | 2:00 PM | 3:00 PM | 4:00 PM | 4:30 PM | 5:00 PM | 5:30 PM | 6:00 PM | 6:30 PM | 7:00 PM | 7:30 PM | 8:00 PM | 8:30 PM | 9:00 PM | |
|-----------|---------------------------------|------------------------|------------------------------|------------------------------|-------------------------------------|----------|----------|----------------------------|-------------------------------|-------------------------------------|-------------------------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|--|
| Monday | Warm | Open | | | Open + Mom/Dad/Me Swim 9 AM - 11 AM | | | Open | Senior Swim | Open | | | | | | | | | | | | | |
| | Lane 6 | | | | | | | CLOSED 12 PM - 1:30 PM | Senior Swim 1:30 PM - 2:30 PM | Lap Swim/Exercise 2:30 PM - 4:15 PM | | | | | | | | | | | | | |
| | Lane 5 | | | | | | | | | | Lap Swim/Exercise 4:15 PM - 8:50 PM | | | | | | | | | | | | |
| | Lane 4 | | | | | | | | | | Swim Lessons | | | | | | | | | | | | |
| | Lane 3 | | | | | | | | | | Swim Team Practice 7 PM - 8:30 PM | | | | | | | | | | | | |
| Lane 2 | | | | | | | | | | | | | | | | | | | | | | | |
| Lane 1 | | | | | | | | | | | | | | | | | | | | | | | |
| Tuesday | Warm | Open | | | Open + Mom/Dad/Me Swim 9 AM - 11 AM | | | Open | Senior Swim | Open | | | | | | | | | | | | | |
| | Lane 6 | | | | | | | CLOSED 12 PM - 1:30 PM | Senior Swim 1:30 PM - 2:30 PM | Lap Swim/Exercise 2:30 PM - 4:15 PM | | | | | | | | | | | | | |
| | Lane 5 | | | | | | | | | | Lap Swim/Exercise 4:15 PM - 7 PM | | | | | | | | | | | | |
| | Lane 4 | | | | | | | | | | Lap Swim 7 PM - 8:50 PM | | | | | | | | | | | | |
| | Lane 3 | | | | | | | | | | Open Swim 7 PM - 8:50 PM | | | | | | | | | | | | |
| Lane 2 | Fitness Class 5:40 AM - 6:20 AM | | Fitness Class 8:15 AM - 9 AM | | CLOSED | | | | | | | | | | | | | | | | | | |
| Lane 1 | | | | | | | | | | | | | | | | | | | | | | | |
| Wednesday | Warm | Open | | | Open + Mom/Dad/Me Swim 9 AM - 11 AM | | | Open | Senior Swim | Open | | | | | | | | | | | | | |
| | Lane 6 | | | | | | | CLOSED 12 PM - 1:30 PM | Senior Swim 1:30 PM - 2:30 PM | Lap Swim/Exercise 2:30 PM - 4:15 PM | | | | | | | | | | | | | |
| | Lane 5 | | | | | | | | | | Lap Swim/Exercise 4:15 PM - 8:50 PM | | | | | | | | | | | | |
| | Lane 4 | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 3 | | | | | | | | | | Swim Lessons | | | | | | | | | | | | |
| Lane 2 | | | | | | | | | | | | | | | | | | | | | | | |
| Lane 1 | | | | | | | | | | | | | | | | | | | | | | | |
| Thursday | Warm | Open | | | Open + Mom/Dad/Me Swim 9 AM - 11 AM | | | Open | Senior Swim | Open | | | | | | | | | | | | | |
| | Lane 6 | | | | | | | CLOSED 12 PM - 1:30 PM | Senior Swim 1:30 PM - 2:30 PM | Lap Swim/Exercise 2:30 PM - 4:15 PM | | | | | | | | | | | | | |
| | Lane 5 | | | | | | | | | | Lap Swim/Exercise 4:15 PM - 5:45 PM | | | | | | | | | | | | |
| | Lane 4 | | | | | | | | | | Lap Swim 5:45 PM - 8:50 PM | | | | | | | | | | | | |
| | Lane 3 | | | | | | | | | | Open Swim 7 PM - 8:50 PM | | | | | | | | | | | | |
| Lane 2 | Fitness Class 5:40 AM - 6:20 AM | | Fitness Class 8:15 AM - 9 AM | | | | | | | | | | | | | | | | | | | | |
| Lane 1 | | | | | | | | | | | | | | | | | | | | | | | |
| Friday | Warm | Open | | | Open + Mom/Dad/Me Swim 9 AM - 11 AM | | | Open | Senior Swim | Open | | | | | | | | | | | | | |
| | Lane 6 | | | | | | | CLOSED 12 PM - 1:30 PM | Senior Swim 1:30 PM - 2:30 PM | | | | | | | | | | | | | | |
| | Lane 5 | | | | | | | | | Lap Swim/Exercise 2:30 PM - 7 PM | | | | | | | | | | | | | |
| | Lane 4 | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 3 | | | | | | | | | | | | | | | | | | | | | | |
| Lane 2 | | | | Fitness Class 8:15 AM - 9 AM | | | | | | | | | | | | | | | | | | | |
| Lane 1 | | | | | | | | | | | | | | | | | | | | | | | |
| Saturday | Warm | Open | | | | | | | | | | | | | | | | | | | | | |
| | Lane 6 | Pool Opens at 7:15 AM | | | Open | | | | | | | | | | | | | | | | | | |
| | Lane 5 | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 4 | | | | | | | Lap Swim 1:30 PM - 5 PM | | | | | | | | | | | | | | | |
| | Lane 3 | | | | | | | Lap Swim 7:15 AM - 1:30 PM | | | | | | | | | | | | | | | |
| Lane 2 | | | | | Open Swim 1:30 PM - 5 PM | | | | | | | | | | | | | | | | | | |
| Lane 1 | | | | | | | | | | | | | | | | | | | | | | | |
| Sunday | Warm | Open | | | | | | | | | | | | | | | | | | | | | |
| | Lane 6 | Pool Opens at 12:15 PM | | | Open | | | | | | | | | | | | | | | | | | |
| | Lane 5 | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 4 | | | | | | | Lap Swim 12:15 PM - 2 PM | | | | | | | | | | | | | | | |
| | Lane 3 | | | | | | | | | | | | | | | | | | | | | | |
| Lane 2 | | | | | Lap Swim 2 PM - 4 PM | | | | | | | | | | | | | | | | | | |
| Lane 1 | | | | Open Swim 2 PM - 4 PM | | | | | | | | | | | | | | | | | | | |

**In an effort to provide safety for our guests, it is YMCA-USA policy that pools close during inclement weather. Pools will remain closed until 30 minutes after the last strike/sound of lightning/thunder. The pool schedule is subject to change at any time.