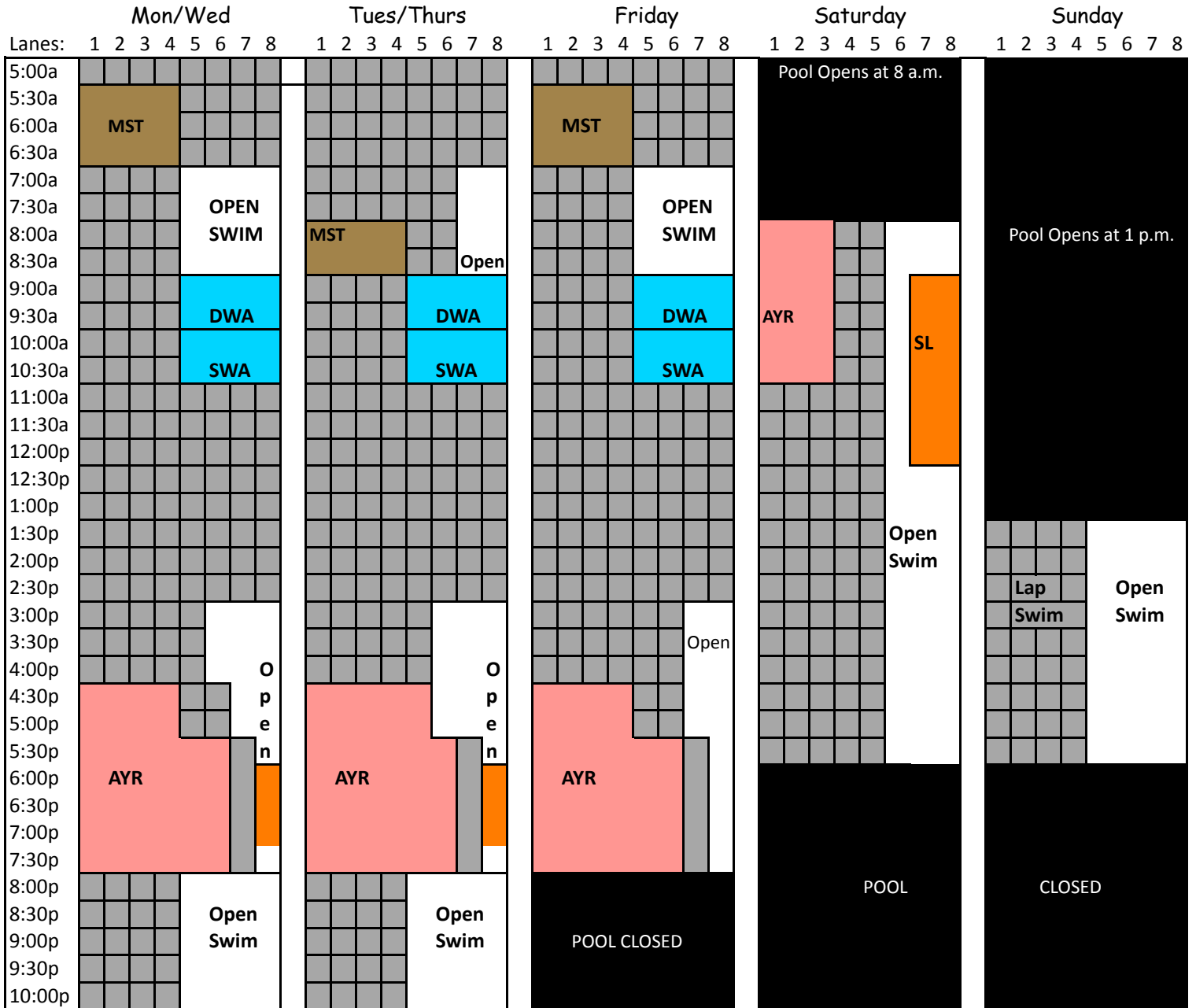


NorthWest Family YMCA Indoor Pool Schedule

January 1-April 30



- LAP SWIM
 - CAMP SWIM
 - Pool Closed
 - Open Swim
 - MST= Master Swim Team
 - DWA= Deep Water Aerobics
 - SL=Swim Lessons
 - AYR= All year swim team
 - SWA= Shallow Water Aerobics (Tues. night shallow water aerobics)
- ** Jan 15th-pool closed for Swim Meet

Lap Swim Etiquette

Lap Swim should be an orderly, continuous swim. Swim in a circle at about 10-15 seconds apart. Slower swimmers must allow faster swimmers to pass; wait until the faster swimmer turns. Staff may have to move lanes to accommodate the pool schedule. PLEASE be patient with lane availability!! Everyone must share!

NorthWest Aquatics

The NW YMCA offers several Aquatics Programs ranging from: Swim Lessons, Master Swim Team, Swim Teams, Private Lessons, Lifeguard Training, and much more!

Contact Kristin Shelton for more info.
803-407-0179 x15