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St. Paul

# Aquatics Schedule – November

10/29/2026

## Monday 5:30 A.M.– 9:00 P.M.

| | LN1 | LN2 | LN3 | LN4 | LN5 |
|---|---|---|---|---|---|
| 5:30a | Lap Swim | | | Open Swim | |
| 8:30a | Lap Swim | | | Open Swim | |
| 9:30a | Lap Swim | | | Open Swim | |
| 10:30a | Lap Swim | | | Open Swim | |
| 1:00p | Lap Swim | | Aqua FUNctional | | |
| 2:00p | Lap Swim | | | Open Swim | |
| 9:00p | Lap Swim | | | Open Swim | |

## Tuesday 5:30 A.M.– 9:00 P.M.

| | LN1 | LN2 | LN3 | LN4 | LN5 |
|---|---|---|---|---|---|
| 5:30a | Lap Swim | | | Open Swim | |
| 7:30a | Lap Swim | | | Open Swim | |
| 8:30a | Lap Swim | | Aqua Fusion | | |
| 9:30a | Lap Swim | | | Open Swim | |
| 5:00p | Lap Swim | | | Open Swim | |
| 6:00p | Lap Swim | | | Open Swim | |
| 6:30p | Masters* | | | Open Swim | |
| 7:30p | Lap Swim | | | Open Swim | |
| 9:00p | Lap Swim | | | Open Swim | |

## Wednesday 5:30 A.M.– 9:00 P.M.

| | LN1 | LN2 | LN3 | LN4 | LN5 |
|---|---|---|---|---|---|
| 5:30a | Lap Swim | | | Open Swim | |
| 8:30a | Lap Swim | | | Open Swim | |
| 9:30a | Lap Swim | | | Open Swim | |
| 10:30a | Lap Swim | | | Open Swim | |
| 11:30a | Lap Swim | | | Open Swim | |
| 12:00p | Lap Swim | | | Open Swim | |
| 1:00p | Lap Swim | | | Open Swim | |
| 6:30p | Lap Swim | | | Open Swim | |
| 9:00p | Lap Swim | | | Open Swim | |

## Thursday 5:30 A.M.– 9:00 P.M.

| | LN1 | LN2 | LN3 | LN4 | LN5 |
|---|---|---|---|---|---|
| 5:30a | Lap Swim | | | Open Swim | |
| 5:45a | Pool Rental | | | Open Swim | |
| 6:45a | Lap Swim | | | Open Swim | |
| 7:30a | Lap Swim | | | Open Swim | |
| 8:30a | Lap Swim | | Aqua Fusion | | |
| 9:30a | Lap Swim | | | Open Swim | |
| 5:00p | Lap Swim | | | Open Swim | |
| 6:30p | Masters* | | | Open Swim | |
| 7:30p | Lap Swim | | | Open Swim | |
| 9:00p | Lap Swim | | | Open Swim | |

## Friday 5:30 A.M.– 9:00 P.M.

| | LN1 | LN2 | LN3 | LN4 | LN5 |
|---|---|---|---|---|---|
| 5:30a | Lap Swim | | | Open Swim | |
| 9:30a | Lap Swim | | | Open Swim | |
| 10:30a | Lap Swim | | | Open Swim | |
| 4:00p | Lap Swim | | | Open Swim | |
| 5:00p | Lap Swim | | | Open Swim | |
| 6:00p | Lap Swim | | | Open Swim (Normal) | |
| 9:00p | Lap Swim | | | Open Swim | |

## Saturday 7 A.M.– 7:00 P.M.

| | LN1 | LN2 | LN3 | LN4 | LN5 |
|---|---|---|---|---|---|
| 7:00a | Lap Swim | | | Open Swim | |
| 9:00a | Lap Swim | | | Swimming Lessons | |
| 12:00p | Masters* | | | Open Swim | |
| 1:00p | Lap Swim | | | Open Swim | |
| 6:00p | Lap Swim | | | Open Swim | |

## Sunday 7 A.M.– 7:00 P.M.

| | LN1 | LN2 | LN3 | LN4 | LN5 |
|---|---|---|---|---|---|
| 7:00a | Lap Swim | | | Open Swim | |
| 12:00p | Lap Swim | | | Open Swim | |
| 3:00p | Lap Swim | | | Open Swim | |
| 6:00p | Lap Swim | | | Open Swim | |

Please see reverse side for class descriptions and pool guidelines.
This schedule is subject to change at any time with no or limited notice.
* Class requires additional fees and/or advance registration.

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# Class Descriptions and Pool Guidelines

**Lap Swim:** 2 Swimmers per lap lane, stay to your side down and back. 3 or more swimmers circle swimming is required.
**Open Swim:** Recreational swimming for people of all ages beginning at 6 months.

## MEASUREMENTS

25 Yard Pool
1 length = 25 yards (from wall to wall)
2 lengths = 50 yards
4 lengths = 100 yards
½ mile = about 850 yards = 34 lengths
1 mile = 1650 yards = 66 lengths (Competition Length)

## POOL RENTALS

NONE

## MASTERS SWIMMING

The Masters group is for swimmers who can swim 200 yards. It's great for former competitive swimmers and triathletes in training, but competitive swimming experience is not required. Masters swimming is a monthly membership. To register for Masters, visit the Member Services Desk.

## CLASSES

**Aqua Boot Camp:** Fast-paced class uses circuits to improve stamina, strength, power and speed. Workouts take place both in and out of the water. This specialty class requires additional fees and/or advance registration. $100/month Service for both Tues & Thurs. $50/month for just one or the other.
**Aqua FUNctional:** Improve daily living activity and enhance sport performance. $10/month Service
**Aqua Fusion**: Class combines cardio intervals with fitness and strength training $10/month Service
Swimming Lessons: Offered Saturday Mornings, usually in a session of 5-8 classes. Email HealthandFitness@ywcastpaul.org to get registered.

## POOL GUIDELINES

No running on the pool deck.
Proper swimwear is required (no jean shorts).
Jumping into the pool is allowed only from the white grates of pool wall. Jumps must be facing forward.
Spitting, spouting and nose blowing are prohibited in the pool.
No glass is allowed on the pool deck.
Children ages 6 weeks to 10 years are permitted to swim in the pool with a parent or guardian in the water and are within arm's reach of the child at all times.
Ages 11-17 years old are permitted to swim in the pool under the supervision of a parent/guardian in the pool area, at all times.
Children who are not potty trained must wear plastic pants or swim diapers.
No person(s) with or suspected of having a communicable disease which could be transmitted through the use of the pool.
Ages 0-14 years old, are not permitted to use the Whirlpool & Sauna
Ages 15+ years old, are permitted to use the Whirlpool & Sauna.

## EQUIPMENT GUIDELINES

US Coast Guard approved life jackets only
Lifejackets are allowed anywhere in the pool—must be accompanied by an adult.
Open swim equipment is restricted to noodles, barbells, lifejackets, floatation rafts and toys.
Flotation rafts are allowed in the shallow end of the pool. Noodles can be used in the deep end of the pool by individuals over the age of 15.
Youth barbells and fins are for instructional use only.
Please place all equipment away when done utilizing it.


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