



SOUTHWEST BRANCH

Open Pool Schedule

To ensure you have the opportunity to strengthen family through quality time together or can develop a wellness routine in the water, the Y offers the following times for open recreational and lap swimming as part of your membership. During times not listed below, the pools are closed for YMCA swim lessons and/or water exercise classes. For information on water exercise classes, please refer to the Water Exercise schedule found in the literature rack in the lobby. Open pool times are subject to change and schedules for all YMCA of TOPEKA locations are available online at www.ymcatopeka.org.

| OPEN RECREATIONAL | |
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| Times listed below are available for rec swim. | |
| Sunday | 11:00A-5:45P |
| Monday | 1:00P-5:30P |
| | 7:30P-9:45P |
| Tuesday | 1:00P-5:00P |
| | 8:05P-9:45P |
| Wednesday | 1:00P-5:30P |
| | 7:30P-9:45P |
| Thursday | 1:00P-5:00P |
| | 8:05P-9:45P |
| Friday | 1:00P-8:45P |
| Saturday | 1:00P-7:45P |

| LAP POOL | | |
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| Times listed below are available for lap swim only. Available lanes are noted. | | |
| Sunday | 11:00A-5:45P | 4 Lanes |
| Monday | 6:00A-8:00A | 4 Lanes |
| | 8:00A-10:30A | 1 Lanes |
| | 10:30A-5:30P | 4 Lanes |
| | 5:30-6:30P | 1 Lanes |
| | 6:30P-9:45P | 4 Lanes |
| Tuesday | 6:00A-9:30A | 4 Lanes |
| | 9:30A-10:30A | 1 Lanes |
| | 10:30A-1:00P | 4 Lanes |
| | 1:00P-5:00P | 3 Lanes |
| | 5:00P-7:00P | 1 Lanes |
| Wednesday | 7:00P-9:45P | 4 Lanes |
| | 6:00A-8:00A | 4 Lanes |
| | 8:00A-10:30A | 1 Lanes |
| | 10:30A-5:30P | 4 Lanes |
| | 5:30-7:30P | 1 Lanes |
| Thursday | 7:30P-9:45P | 4 Lanes |
| | 6:00A-9:30A | 4 Lanes |
| | 9:30A-10:30A | 1 Lanes |
| | 10:30A-1:00P | 4 Lanes |
| | 1:00P-5:00P | 3 Lanes |
| Friday | 5:00P-8:00P | 1 Lanes |
| | 8:00P-9:45P | 4 Lanes |
| | 6:00A-8:00A | 4 Lanes |
| | 8:00A-10:30A | 1 Lanes |
| | 10:30A-8:45P | 4 Lanes |
| Saturday | 1:00P-7:45 | 4 Lanes |
| | 7:00A-8:00A | 4 Lanes |
| | 8:00A-11:30A | 1 Lanes |
| | 11:30A-1:00P | 2 Lanes |



| FEATURES |
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| The following features are available during the noted times. |
| Blue Slide Mon-Thurs: by request during daytime open swim, and non-stop from 8:00pm-9:45pm Fri: non-stop 4:00P-8:45P Sat: by request during daytime swim, and non-stop from 3:00P-7:45P |
| Hot Tub The Hot Tub is available for members and guests over the age of 15 during regular operating hours. |
| Lap Lengths 70 lengths (35 laps) = 1 mile 35 lengths (17.5 laps) = 1/2 mile 18 lengths (9 laps) = 1/4 mile |
| Pool Temperatures Pool 84-86° Hot Tub 101-104° |
| Building Swim Skills Whether you are a first-time swimmer or you need to improve your existing skills, the Y is here to help you build strong swim skills and confidence in the water. |
| Please contact your local YMCA of Topeka Branch about our swim lesson opportunities. |
| North Branch (785)233-9815 Downtown Branch (785)354-8591 Southwest Branch (785)271-7979 www.ymcatopeka.org |



FAMILY POOL RULES (all locations)

- Kids ages 10 and under must be accompanied by a parent/adult (age 18 & up) when using a Y swimming pool, unless in an organized, supervised program such as swim lessons.
- Children age 10 and under must be in arm's reach of said parent/adult at all times in the water.
- The ratio of children under the age of 8 should not exceed 3:1 in non-program activities.
- Only U.S. Coast Guard approved life jackets and flotation devices are permitted and must be in arm's reach of said parent/adult at all times in the water.
- To ensure safety, check with lifeguard before entering the pool with flotation devices.
- Swimmers MUST take a shower before entering the pool.
- Swimmers must wear appropriate swimsuits. No street shoes, street clothes or cut-offs. No jewelry or suits with zippers, rivets or other damaging objects allowed on slides.
- Children not potty-trained MUST wear a swim diaper or plastic, leak-proof pants while in the pool.
- Persons with a contagious disease, open sores, infectious conditions are prohibited from swimming.
- No gum, food or drink allowed in the pool. No glass of any kind is allowed.
- No smoking or alcohol is allowed. Individuals under the influence of drugs or alcohol are not permitted.
- No running on pool deck.
- No diving from the side of the pool (unless designated as an approved diving area—available in limited locations).
- This is a family friendly facility, please no intimate contact. Abusive, foul or racial remarks are prohibited.

LAP POOL RULES

- Lap pool is for fitness swimming only
- Choose an appropriate lane for your speed
- At peak times, swim in a circular pattern sharing lanes down on the right, back on the left