



# AQUATIC CENTER SCHEDULE • NORTHERN DOOR CENTER

Summer Session • Effective July 3-9, July 17-23;  
July 31-August 6; August 14-September 3

\*For the schedule during alternate weeks not listed, see the reverse side.

**USE DURING  
NON  
SUPER-SWIM  
WEEKS**

MONDAY	Lap Lanes	Open Use	Class (lanes used)
5:30-8:00 am	3	3	
8:00-9:00 am	1	0	Water Walkers (5)
9:00-10:05 am	1	0	Pilaqua (5)
10:05-10:30 am	2	4	
10:30-11:30 am	2	0	Senior Stretch & Tone (4)
11:30 am-8:00 pm	3	3	

TUESDAY	Lap Lanes	Open Use	Class (lanes used)
5:30-8:00 am	3	3	
8:00-9:00 am	0	0	Aqualite (6)
9:00 am-4:00 pm	3	3	
4:00-5:00 pm	1	3	Swim Conditioning (2) - starts Aug. 15
5:00-8:00 pm	3	3	

WEDNESDAY	Lap Lanes	Open Use	Class (lanes used)
5:30-8:00 am	3	3	
8:00-9:00 am	1	0	Water Walkers (5)
9:00-10:15 am	1	0	Pilaqua (5)
10:15-11:15 am	2	0	Senior Stretch & Tone (4)
11:15 am-8:00 pm	3	3	

THURSDAY	Lap Lanes	Open Use	Class (lanes used)
5:30-8:00 am	3	3	
8:00-9:00 am	0	0	Aqualite (6)
9:00-11:00 am	3	3	
11:00-11:45 am	3	0	Twinges (3)
11:45 am-8:00 pm	3	3	

FRIDAY	Lap Lanes	Open Use	Class (lanes used)
5:30-8:00 am	3	3	
8:00-9:00 am	1	0	Water Walkers (5)
9:00-10:05 am	1	0	Pilaqua (5)
10:05 am-8:00 pm	3	3	

SATURDAY	Lap Lanes	Open Use	Class (lanes used)
7:00 am-3:00 pm	3	3	

SUNDAY	Lap Lanes	Open Use	Class (lanes used)
9:00 am-3:00 pm	3	3	



**Door County YMCA Lightning Policy:**  
If lightning occurs, policy dictates that the Aquatic Center, including sauna, will close for the safety of members and staff. The Aquatic Center will re-open 30 minutes from the last observed lightning strike.

### POOL USE GUIDELINES

- Children under 10 must be accompanied in the water by an adult (age 18+). Children age 7 and younger must be directly accompanied in the water by an adult who is within arm's reach.
- Please do not enter the pool if you have a communicable disease or open cut.
- Street shoes are prohibited on the pool deck.
- Please use our flotation devices. Only US Coast Guard-approved flotation devices are allowed.
- Please thoroughly rinse off before entering the pool and after use of toilet facilities.
- Bathing suits required. Cut offs, street clothes and flotation bathing suits are not permitted.
- Please walk on the pool deck. Running is strictly prohibited due to slipping hazard.
- Food, gum or drinks are not allowed. Water is permitted in plastic containers/bottles.
- Glass and other similar items are not allowed anywhere in the Aquatic Center.
- Please do not engage in rough play in the pool or on the pool deck.
- Non-toilet trained children are required to wear swim diapers (available at the Welcome Center).
- Diaper changing on the pool deck is prohibited. Changing areas are available in the Family Changing Room.

### SPA USE GUIDELINES

- Patrons age 14 and older are allowed to use the spa.
- Please take a soap shower before entering to remove body lotions and makeup.
- Aerobic exercise is prohibited.

**WARNING:** individuals with heart conditions, diabetes, or blood pressure concerns should not use the spa.

**WARNING:** pregnant women should consult their physician regarding spa use.

**WARNING:** lengthy exposure may be hazardous to your health and may result in nausea, dizziness, or fainting. We recommend limiting spa use to 10 minutes.



# AQUATIC CENTER SCHEDULE • NORTHERN DOOR CENTER

**Summer Session • Effective July 10-16; July 24-30; August 7-13**

*\*For the schedule during alternate weeks not listed, see the reverse side.*

**USE DURING  
SUPER SWIM  
WEEKS**

MONDAY	Lap Lanes	Open Use	Class (lanes used)
5:30-8:00 am	3	3	
8:00-9:00 am	1	0	Water Walkers (5)
9:00-10:30 am	0	0	Swim Lessons/ Pilaqua (6)
10:30-11:30 am	2	0	Senior Stretch & Tone (4)
11:30 am-8:00 pm	3	3	

TUESDAY	Lap Lanes	Open Use	Class (lanes used)
5:30-8:00 am	3	3	
8:00-9:00 am	0	0	Aqualite (6)
9:00-10:30 am	1	0	Swim Lessons (5)
10:30 am-4:00 pm	3	3	
4:00-5:00 pm	1	3	Swim Conditioning (2) - starts 8/15
5:00-8:00 pm	3	3	

WEDNESDAY	Lap Lanes	Open Use	Class (lanes used)
5:30-8:00 am	3	3	
8:00-9:00 am	1	0	Water Walkers (5)
9:00-10:30 am	0	0	Swim Lessons/ Pilaqua (6)
10:30-11:15 am	2	0	Senior Stretch & Tone (4)
11:15 am-8:00 pm	3	3	

THURSDAY	Lap Lanes	Open Use	Class (lanes used)
5:30-8:00 am	3	3	
8:00-9:00 am	0	0	Aqualite (6)
9:00-10:30 am	1	0	Swim Lessons (5)
10:30-11:00 am	3	3	
11:00-11:45 am	3	0	Twinges (3)
11:45 am-8:00 pm	3	3	

FRIDAY	Lap Lanes	Open Use	Class (lanes used)
5:30-8:00 am	3	3	
8:00-9:00 am	1	0	Water Walkers (5)
9:00-10:30 am	0	0	Swim Lessons/ Pilaqua (6)
10:30 am-8:00 pm	3	3	

SATURDAY	Lap Lanes	Open Use	Class (lanes used)
7:00 am-3:00 pm	3	3	

SUNDAY	Lap Lanes	Open Use	Class (lanes used)
9:00 am-3:00 pm	3	3	



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**SPA USE GUIDELINES**

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