



STURGEON BAY CENTER • PETERSON AQUATIC CENTER

COMPETITION POOL (82°)

January 2nd through February 25th

* Subject to change based on Class Attendance.

Monday	LAP LANES	OPEN SWIM	CLASSES	Thursday	LAP LANES	OPEN SWIM	CLASSES
5:00 am to 6:00 am	Lap (6)	Open (2)		5:00 am to 6:00 am	Lap (6)	Open (2)	
6:00 am to 7:00 am	Lap (3)	Open (2)	DCY Swim Team (3)	6:00 am to 7:00 am	Lap (3)	Open (2)	
6:00 am to 7:30 am	Lap (4)	--	Masters (4)	7:00 am to 7:45 am	Lap (6)	Open (2)	
7:30 am to 8:00 am	Lap (6)	Open (2)		7:45 am to 8:30 am	Lap (2)	--	Over Your Head (6) *
8:00 am to 9:35 am	Lap (2)	--	Aqualite (6) *	8:45 am to 9:30 am	Lap (2)	--	Aqualite (6) *
9:35 am to 3:45 pm	Lap (6)	Open (2)		9:30 am to 3:45 pm	Lap (6)	Open (2)	
3:45 pm to 5:00 pm	--	--	DCY Swim Team (7) Swim Lessons (1)	3:45 pm to 7:00 pm	--	--	DCY Swim Team (7) Swim Lessons (1)
5:00 pm to 7:00 pm	--	--	DCY Swim Team (7) Swim Lessons (1)	7:00 pm to 9:00 pm	Lap (2)	Open (1)	HS Swim Team (5)
7:00 pm to 9:00 pm	Lap (2)	Open (1)	HS Swimming (5)	Friday			
Tuesday				5:00 am to 5:30 am	--	Open (2)	
5:00 am to 6:00 am	Lap (6)	Open (2)		5:30 am to 6:15 am	Lap (2)	--	Over Your Head (6) *
6:00 am to 7:00 am	Lap (3)	Open (2)		6:00 am to 7:00 am	--	--	DCY Swim (3)
7:00 am to 7:45 am	Lap (6)	Open (2)		6:15 am to 8:00 am	Lap (6)	Open (2)	
7:45 am to 8:30 am	Lap (2)	--	Over Your Head (6) *	8:00 am to 9:35 am	Lap (2)	--	Aqualite (6) *
8:45 am to 9:30 am	Lap (2)	--	Aqualite (6) *	9:35 am to 3:40 pm	Lap (6)	Open (2)	
9:30 am to 3:45 pm	Lap (6)	Open (2)		3:40 pm to 5:20 pm	Lap (3)	--	HS Swim Team (5)
3:45 pm to 7:00 pm	--	--	DCY Swim Team (7) Swim Lessons (1)	5:20 pm to 6:30 pm	Lap (6)	Open (2)	
7:00 pm to 9:00 pm	Lap (2)	Open (1)	HS Swim Team (5)	6:30 pm to 8:00 pm	Lap (2)	--	Underwater Hockey(6)
Wednesday				Saturday • Diving Board Day! Diving Board Open 2:15 pm to 2:45 pm			
5:00 am to 5:30 am	Lap (6)	Open (2)		8:00 am to 9:30 am	Lap (4)	--	Masters Swim (4)
5:30 am to 6:15 am	Lap (2)	--	Over your Head (6) *	9:30 am to 2:15 pm	Lap (6)	Open (2)	
6:15 am to 7:00 am	Lap (2)	--	DCY Swim Team (3) Masters (3)	2:15 pm to 2:45 pm	Lap (5)	--	Diving Board (3)
7:00 am to 8:00 am	Lap (2)	Open (2)	Masters (4)	2:45 pm to 4:00 pm	Lap (6)	Open (2)	
8:00 am to 9:00 am	Lap (2)	--	Aqualite (6) *	Sunday • Diving Board Day! Diving Board Open 2:15 pm to 2:45 pm			
9:00 am to 9:35 am	--	--	Aqualite (5-6 until 9:35) Swim Lessons (2-3) *	8:00 am to 1:00 pm	Lap (6)	Open (2)	
9:35 am to 11:15 am	Lap (3)	Open (2)	Swim Lessons (3)	1:00 am to 2:15 pm	Lap (6)	Open (1)	Swim Lessons (1)
11:15 am to 12:30 pm	Lap (6)	Open (2)		2:15 pm to 2:45 pm	Lap (4)	--	Diving Board (3) Swim Lessons (1)
12:30 pm to 2:00 pm	Lap (3)	Open (2)	Coast Guard (3 lanes)	2:45 pm to 4:00 pm	Lap (6)	Open (1)	Swim Lessons (1)
2:00 pm to 3:40 pm	Lap (6)	Open (2)					
3:40 pm to 5:15 pm	Lap (2)	--	HS Swim Team (5) Swim Lessons (1)				
5:00 pm to 6:45 pm	--	--	DCY Swim Team (7) Swim Lessons (1)				
6:45 pm to 7:15 pm	Lap (6)	Open (2)					
7:15 pm to 8:45 pm	Lap (2)	Open (1)	Underwater Hockey(5)				

* Subject to change based on Class Attendance.

DCY Swim TEAM Home Meet
Saturday, January 13th - Aquatics Center Closed

REMINDERS:
High School Meet:
Thursday, Jan. 18th
Comp pool closes at 5:00 pm
Rec Pool closes at 6:00 pm



STURGEON BAY CENTER • PETERSON AQUATIC CENTER RECREATIONAL POOL (88°)

January 2nd through February 25th

* Subject to change based on Class Attendance.

Monday	
5:00 am to 7:00 am	Open / Pilaqua (7:00-8:00 am)
7:00 am to 8:30 am	Water Walkers / Pilaqua (7:00-8:00 am)
8:15 am to 9:00 am	Twinges & Hinges/Swim Lessons
9:15 am to 10:30 am	Open/Swim Lessons
10:30 am to 11:15 am	Twinges & Hinges
11:15 am to 12:00 pm	Open
12:00 pm to 1:00 pm	Water Walkers
1:00 pm to 4:00 pm	Open
4:00 pm to 6:30 pm	Open/Swim Lessons
6:30 pm to 9:00 pm	Open
Tuesday	
5:00 am to 7:30 am	Open
7:30 am to 8:25 am	Water Walkers
8:25 am to 10:00 am	Open/Swim Lessons
10:00 am to 4:00 pm	Open
4:00 pm to 6:00 pm	Open/Swim Lessons
6:00 pm to 9:00 pm	Open
Wednesday	
5:00 am to 7:00 am	Open / Pilaqua (7:00-8:00 am)
7:00 am to 8:30 am	Water Walkers / Pilaqua (7:00-8:00 am)
8:15 am to 9:00 am	Twinges & Hinges / Swim Lessons
9:15 am to 9:40 am	Open/Swim Lessons
10:30 am to 11:15 am	Twinges & Hinges/Swim Lessons
11:15 am to 12:00 pm	Open
12:00 pm to 1:00 pm	Water Walkers
1:00 pm to 4:00 pm	Open
4:00 pm to 7:00 pm	Open/Swim Lessons
7:00 pm to 9:00 pm	Open

Thursday	
5:00 am to 7:30 am	Open
7:30 am to 8:30 am	Water Walkers
8:30 am to 4:00 pm	Open
4:00 pm to 6:30 pm	Open/Swim Lessons/Log Rolling (5:45-6:30pm)
6:30 pm to 9:00 pm	Open
6:15 pm to 9:00 pm	Open/Log Rolling (6:30-7:15pm)
5:20-7:00 pm	Open/Swim Lessons
7:00-8:00 pm	Open
FRIDAY	
5:00 am to 7:30 am	Open
7:30 am to 8:30 am	Water Walkers
8:15 am to 9:00 am	Twinges & Hinges
9:15 am to 10:30 am	Open
10:30 am to 11:15 am	Twinges & Hinges
11:15 am to 9:00 pm	Open
Saturday • Waterslide Day! • Slide Open: 12:45-2:15 pm	
8:00 am to 4:00 pm	Open
Sunday • Waterslide Day! • Slide Open: 12:45-2:15 pm	
8:00 am to 1:00 pm	Open
1:00 pm to 4:00 pm	Open/Swim Lessons

* Subject to change based on Class Attendance.

DCY Swim TEAM Home Meet
Saturday, January 13th - Aquatics Center Closed

REMINDERS:
High School Meet:
Thursday, Jan. 18th
Comp pool closes at 5:00 pm
Rec Pool closes at 6:00 pm

POOL RULES

Use of starting blocks, water jets and mushroom available at the lifeguards' discretion. Diving boards during designated times only. Lanes designated for lap vs. open swim may change, at lifeguards' discretion, based on usage. Please show respect by obeying the guidelines and following all instructions of the lifeguards.

CHILDREN AGES 9 & UNDER MUST BE DIRECTLY ACCOMPANIED IN THE WATER BY A SUPERVISING ADULT

Please visit the Welcome Center for a listing of all age requirements for our facilities.
Visit www.doorcountymca.org to download all YMCA schedules and pool rules!

SPECIAL NOTE

Use of diving boards, starting blocks, water jets and mushroom available at the lifeguards' discretion.

Lanes designated for lap vs. open swim may change, at lifeguards' discretion, based on usage.

Please show respect by obeying the guidelines and following all instructions of the lifeguards.

CHILDREN AGES 9 & UNDER MUST BE ACCOMPANIED IN THE WATER BY AN ADULT

Please visit the Welcome Center for a listing of all age requirements for our facilities.

DIVING BOARD RULES

1. One person on the ladder at a time.
2. One person on the board at a time.
3. One bounce on the board before diving.
4. Sitting or hanging on the board is prohibited.
5. Exit (dive or jump) straight off the front of the board.
6. Wait for the previous diver to swim clear of the diving area before getting on the board.
7. Flips, twisting jumps or dives, inward dives, and back dives are not permitted, unless they are in a supervised class/team environment.
8. Only children who have passed competitive pool swim test are allowed to use the diving board, unless they are in a supervised class environment.
9. Use the ladder to exit the diving area.
10. Swimming in the diving area while the board is in use is prohibited.
11. The lifeguard has the authority to close the diving board to maintain safety.
12. Please do not wear goggles or personal flotation devices while using the diving board.

POOL RULES

1. Please do not enter the pool if you have a communicable disease or open cut.
2. Please take a soap shower before entering the pool and after use of toilet facilities.
3. Street shoes are prohibited on the deck.
4. Bathing suits are required. Cut-offs and other street clothes are not permitted. White T-shirts are permitted. Flotation bathing suits are not permitted.
5. Please walk on the deck. No running in the pool area.
6. Glass and breakable items are prohibited in the pool area.
7. Please do not bring food, drink, gum, or tobacco into the pool. Water is allowed.
8. Please do not engage in rough play in the pool area.
9. Non-toilet trained children are required to wear swim diapers. (Available at the welcome center)
10. Diaper changing on the pool deck is prohibited. Changing areas are available in the locker and rest room areas of the facility.
11. Non-swimmers will stay in water that is arm-pit deep or less.
12. All children under 16 years of age must pass a swim test to swim in water that is deeper than their arm-pit. Check-in with the lifeguard to take test.
13. All youth are subject to swim testing and applicable restrictions based on swimming ability which may include an adult accompanying the child in the water.
14. Please do not sit on or let children sit on the water fountain jets in the zero-depth entry area.
15. Flips, twisting jumps or dives, back dives, and inward dives are not permitted off the pool edge.
16. Please use our personal flotation devices; they are U.S. Coast Guard approved.
17. Adults must accompany children 9 years and younger and be within arm's reach of them while swimming.
18. Please tie back long hair or wear a swim cap.
19. Hanging on the basketball net, hoop, or backboard is prohibited.

WHIRLPOOL

1. Patrons 14 years of age and older may use the whirlpool.
2. Please take a soap shower before entering the whirlpool to remove body lotions and makeup.
3. Aerobic exercise in the whirlpool is prohibited.
4. WARNING: Elderly persons and persons with heart disease, diabetes or high or low blood pressure should not enter the whirlpool.
5. WARNING: Persons under the influence of alcohol or drugs may not use the whirlpool.
6. WARNING: Pregnant women should consult their physician regarding whirlpool usage.
7. WARNING: Lengthy exposure may be hazardous to your health and may result in nausea, dizziness or fainting. We recommend limiting whirlpool use to approximately 10 minutes.

SLIDE RULES

1. Please follow the instructions of the slide attendant.
2. Please do not use the slide while under the influence of alcohol or drugs.
3. No running starts or swings, diving into, standing, kneeling, rotating or stopping is permitted in the slide flume.
4. Please keep your hands, arms, and feet inside the slide flume at all times.
5. WARNING: Water depth is 3 ½ feet deep at base of slide and the plunge area has a current caused by the rushing water.
6. Please sit with feet and legs in front of you facing forward to go down the slide.
7. Please exit the plunge area as quickly as possible after your slide.
8. Personal flotation devices or goggles are not allowed while using the slide.
9. Children under the age of 2 may not go down the slide, even with an adult.
10. Children must be at least 48 inches tall to go down the slide without an adult (18 years old and older). Children less than 48 inches tall must go down the slide with an adult.
11. Maximum operational load is 1 person, 300 pounds or 300 pounds adult & child combined.
12. WARNING: For safety reasons pregnant women and persons with heart conditions or back trouble should not ride this slide.