



Norwich Family YMCA

Pool Schedule Fall 2019 September 3rd-30th

Next to each program is the number indicating how many lanes are designated for that program. The pool is **CLOSED** during the **shaded program times**.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-8:00am Adult Lap (6)	6:00-8:00am Adult Lap (6)	6:00-8:00am Adult Lap (6)	6:00-8:00am Adult Lap (6)	6:00-8:00am Adult Lap (6)	6:30-9:00am Adult Lap (6)	
8:00-9:00am Water Fitness (4) Adult Lap (2)	8:00-9:00am Water Arthritis (4) Water Walk-deep Adult Lap (2)	8:00-9:00am Water Fitness(4) Adult Lap (2)	8:00-9:00am Water Arthritis (4) Water Walk-deep Adult Lap (2)	8:00-9:00am Water Fitness(4) Adult Lap (2)	9:00-10:00am Swim Lessons(3) Adult Lap (3)	9:30-11:00am Adult Lap (6)
9:00-9:30am Adult Lap (6)	9:00-9:30am BOCES (3) Adult Lap (3)	9:00-9:30am Adult Lap (6)	9:00-9:30am Adult Lap(6)	9:00-9:30am Adult Lap (6)	10:00-11:30am Swim Lessons (6)	11:00-noon Pool Rental(6)
9:30-10:30am Nursery School (3) Adult Lap(3)	9:30-10:30am Deep Water Exercise/Nursery School (3) Adult Lap (3)	9:30-10:30am Nursery School (3) Adult Lap (3)	9:30-10:30am Deep Water Exercise/Nursery School (3) Adult Lap (3)	9:30-10:30am Nursery School (3) Adult Lap (3)	11:30-1:30pm Adult Lap (3) Youth Open (3)	12:00-2:00pm Youth Open (3) Adult Lap (3)
10:30-11:00am BDC (3) Adult Lap(3)	10:30-11:30am Self Directed Therapy (3) Adult Lap (2) Homeschool(1)	10:30-11:00am BDC (3) Adult Lap(3)	10:30-11:30am Self Directed Therapy (3) Adult Lap (3)	10:30-11:00am CWS (3) Adult Lap(3)	1:30-2:30pm Pool Rental (6) **	2:00-4:00pm Family Swim (3) Adult Lap (3)
11:00-noon Water Arthritis (4) Adult Lap (2)	11:30-noon Adult Lap (6)	11:00-noon Water Arthritis (4) Adult Lap (2)	11:30-noon Adult Lap (6)	11:00-noon Water Arthritis (4) Adult Lap (2)	2:30-4:00pm Adult Lap (3) Youth Open (3)	
12:00-1:00pm Water Fitness (3) Adult Lap (3)	12:00-1:00pm Sr. Water Fitness (3) Adult Lap (3)	12:00-1:00pm Water Fitness(3) Adult Lap (3)	12:00-1:00pm Sr. Water Fitness (3) Adult Lap (3)	12:00-1:30pm Adult Lap (6)	4:00-5:00pm Pool Rental (6) **	
1:00-1:30pm CWS (3) Adult Lap (3)	1:00-2:00pm Pre-School (3) Adult Lap (3)	1:00-1:30pm Adult Lap (6)	1:00-2:00pm Pre-School (3) Adult Lap (3)	1:30-3:00pm Youth Open (3) Adult Lap (3)	5:00-8:30pm Family Swim (3) Adult Lap(3)	
1:30-3:00pm Youth Open (3) Adult Lap (3)	2:00-3:30pm Youth Open (3) Adult Lap (3)	1:30-3:00pm Youth Open (3) Adult Lap (3)	2:00-3:30pm Youth Open (3) Adult Lap (3)	3:00-6:00pm Youth Open(3) Adult Lap(3)		
3:00-6:00pm Youth Open(3) Adult Lap(3)	3:30-5:15pm Youth Open(3) Adult Lap(3)	3:00-6:00pm Youth Open(3) Adult Lap(3)	3:30-5:15pm Youth Open(3) Adult Lap(3)	6:00-9:00pm Family Swim (3) Adult Lap (3)		
6:00-7:00pm Water Fitness (3) Adult Lap (3)	5:15-6:15pm Water Fitness (3) Adult Lap *until 5:45* (3)	6:00-7:00pm Water Fitness (3) Adult Lap(3)	5:15-6:15pm Water Fitness (3) Adult Lap *until 5:45* (3)			
7:00-8:30pm Family Swim (3) Adult Lap (3)	5:45-7:50pm SWIM LESSONS (6)	7:00-8:30pm Family Swim (3) Adult Lap (3)	5:45-7:50pm SWIM LESSONS (6)			
	7:50-8:30pm Family Swim (3) Adult Lap (3)		7:50-8:30pm Family Swim (3) Adult Lap (3)			

Whirlpool-The whirlpool is open during all times except during Pool Party Rentals. Open to all 18 years and older and in good health.

Family Swims-Children under the age of 18 must be accompanied by an adult. The adult is required to be present on the pool deck at all times.