



Norwich Family YMCA

Pool Schedule: December 31, 2018 – March 3, 2019

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 SKIPPERS (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 Swim Lessons (3) Adult Lap (3)	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)
9:30-10:00am Nursery School (3) Adult Lap(3)	9:30-10:30am Nursery School/ homeschool (3) Adult Lap(3)	9:30-10:00am Nursery School (3) Adult Lap(3)	9:30-10:30am Nursery School/ homeschool (3) Adult Lap(3)	9:30-10:00am Nursery School (3) Adult Lap(3)	11:30-1:30pm Youth Open (3) Adult Lap (3)	12:00-2:00pm Youth Open (3) Adult Lap (3)
10:00-10:30am Adult Lap(6)	10:30-11:30am Deep Water Exercise/ Self Directed Therapy (3) Adult Lap (3)	10:00-10:30am Adult Lap (6)	10:30-11:30am Deep Water Exercise/ Self Directed Therapy (3) Adult Lap (3)	10:00-11:00am Adult Lap (6)	1:30-2:30pm Pool Rental (6)	2:00-4:00pm Family Swim (3) Adult Lap (3)
10:30-11:00am BDC (3) Adult Lap(3)	11:00-noon Adult Lap (6)	10:30-11:00am BDC (3) Adult Lap (3)	11:00-noon Adult Lap (6)	11:00-noon Water Arthritis (4) Adult Lap (2)	2:30-4:00pm Youth Open (3) Adult Lap (3)	
11:00-noon Water Arthritis (4) Adult Lap (2)	12:00-1:00pm Sr Water Fitness (3) Adult Lap (3)	11:00-noon Water Arthritis (4) Adult Lap (2)	12:00-1:00pm Sr Water Fitness (3) Adult Lap (3)	12:00-1:00pm Adult Lap (6)	4:00-5:00pm Pool Rental (6)	
12:00-1:00pm Water Fitness (3) Adult Lap (3)	1:00-1:30pm Preschool (3) Adult Lap (3)	12:00-1:00pm Water Fitness(3) Adult Lap (3)	1:00-1:30pm Preschool (3) Adult Lap (3)	1:00-3:00pm Youth Open (3) Adult Lap (3)	5:00-6:30pm Youth Open (3) Adult Lap (3)	
1:00-3:00pm Youth Open (3) Adult Lap (3)	1:30-3:45pm Youth Open (3) Adult Lap (3)	1:00-3:00pm Youth Open (3) Adult Lap (3)	1:30-3:45pm Youth Open (3) Adult Lap (3)	3:00-6:00pm DOLPHINS (6)	6:30-8:30pm Family Swim (3) Adult Lap(3)	
3:00-6:00pm DOLPHINS (6)	3:45-5:15pm DOLPHINS (6)	3:00-6:00pm DOLPHINS (6)	3:45-5:15pm DOLPHINS (6)	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) Lap Swim* (3) *until 5:45	6:00-7:00pm Water Fitness (3) Adult Lap(3)	5:15-6:15pm Water Fitness (3) Lap Swim* (3) *until 5:45			
7:00-8:30pm Family Swim (3) Adult Lap (3)	5:45-7:15pm SWIM LESSONS (6)	7:00-8:30pm Family Swim (3) Adult Lap (3)	5:45-7:15pm SWIM LESSONS (6)			
	7:15-8:30pm Family Swim (3) Adult Lap (3)		7:15-8:30pm 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.

Youth Open-Are available to all youth in grade school, middle school and high school. Children fifth grade and under need to be accompanied by an adult. All Pool rules will be enforced.

****Pool may close suddenly due to weather conditions, chemical/mechanical issues, or other unexpected problems****