



Norwich Family YMCA

Pool Schedule Spring March 4, 2019 – April 28, 2019

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—11:30am BOCES (3) Adult Lap (3)	9:00 – 9:30am Swim Lessons(3) 9:00 -10:00 Adult Lap(3)	9:00-9:30am Adult Lap(6)	9:00-9:30am Adult Lap (6)	10:00- 11:30am Swim Lessons (6)	11:00-12:00 Pool Rental(6)
9:30-10:00am Nursery School (3) Adult Lap(3)	9:30-10:00 am Nursery School 10:00-10:30am Home School (3) Adult Lap(6)	9:30-10:00am Nursery School (3)	9:30-10:30am Nursery School (3) Adult Lap (3)	9:30-10:00am 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)
10:00- 10:30am Adult Lap(6)	10:30-11:30am Deep Water Exercise/ Self Directed Therapy (3)	10:00-10:30am Adult Lap(6)	10:30-11:30am Self Directed Therapy (3) Adult Lap (3)	10:00-11:00am Adult Lap(3)	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)	11:30-12:00 Adult Lap (6)	10:30 -11:00 BDC (3) Adult Lap (2)	11:30-12:00 Adult Lap (6)	11:00-12:00 Water Arthritis (4) Adult Lap (2)	2:30-4:00pm Adult Lap (3) Youth Open (3)	
11:00 – Noon Water-Arthritis (4) Adult Lap (2)	12:00-1:00 pm Sr Water Fitness (3) 12:00-3:45 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) 12:00-3:00pm Adult Lap(3)	1:00-1:30pm Pre-School (3)	12:00 – 1:00pm Water Fitness 12:00-3:00 Adult Lap (3)	1:00-1:30pm Pre-School (3) Adult Lap (3)	1:00-4:00pm Youth Open (3) Adult Lap (3)	5:00-6:30pm Youth Open (3) Adult Lap (3)	
1:00-4:00pm Youth Open(3)	1:30 – 4:00pm Youth Open (3)	1:00-3:00pm Youth Open (3)	1:30 – 4:00pm Youth Open(3) Adult Lap (3)	4:00-5:30pm DOLPHINS (6)	6:30 – 8:30pm Family Swim(3) Adult Lap (3)	
4:00- 5:30pm DOLPHINS (6)	4:00-5:15pm DOLPHINS (6)	4:00-5:30pm DOLPHINS (6)	4:00 - 5:15pm DOLPHINS (6)	6:00-9:00pm Family Swim (3) Adult Lap (3)		
6:00 – 7:00pm Water Fitness(3) 6:00-8:30pm	5:15-6:15pm Water Fitness (3) Adult Lap *until 5:45* (3)	6:00-7:00pm Water Fitness (3) 6:00-9:00pm Scuba (3)	5:15-6:15pm Water Fitness (3) Adult Lap *until 5:45* (3)			
7:00-8:30pm Family Swim(3)	5:45-7:15pm SWIM LESSONS (6)	7:00-8:30pm Family Swim (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 will be open for adult lap and youth open if there are no scheduled parties that day. Call the front desk to confirm.