

Norwich Family YMCA

ALTERNATE (In Effect when Norwich City School district is CLOSED)

Pool Schedule SPRING II May 3-June 27, 2010

Next to each program is the number indicating how many lanes are designated for that program. The pool is closed to lap swimmers during shaded 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)	9:30-11:00 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)	11:00-noon Pool Rental
9:00-9:30am Adult Lap/Open (6)	9:00-9:30am Adult Lap(3) BOCES (3)	9:00-9:30am Adult Lap/Open (6)	9:00-9:30am SKIPS (3) Adult open (3)	9:00-9:30am Adult Lap/Open (6)	10:00-11:30am Progressive Lessons (6)	12:00-4:00pm Family Swim (3) Adult Lap (3)
9:30-10:30am <i>Fun Club</i> (3) Adult Lap(3)	9:30-10:00am Adult Lap/Open (6)	9:30-10:30am <i>Fun Club</i> (3) Adult Lap (3)	9:30-10:00am PERS (3) Adult Lap (3)	9:30-10:30am <i>Fun Club</i> (3) Adult Lap (3)	11:30-12:00 Youth Open(3) Adult Lap (3)	
10:30-11:00am BDC (3) Adult Lap(3)	10:00-11:00am <i>Fun club</i> (3) Adult Lap (3)	10:30-11:00am BDC (3) Adult Lap (3)	10:00-11:00 <i>Fun club</i> (3) Adult Lap (6)	10:30-1:00am CWS (3) Adult Lap (3)	12:00-1:30pm Adult Lap (3) Youth Open (3)	
11:00-noon Water Arthritis (4) Adult Lap (2)	11:00-noon Adult Open/ Adult Lap (6)	11:00-noon Water Arthritis (4) Adult Lap (2)	11:00-noon Adult Open/ Adult Lap (6)	11:00-noon Water Arthritis (4) Adult Lap (2)	1:30-4:00pm Pool Rental (6)	
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)	12:00-1:00pm Adult Lap (6)	4:00-6:30pm Adult Lap (3) Youth Open (3)	
1:00-1:30pm CWS (3) Adult Lap (3)	1:00-3:00pm Adult Lap (3) <i>Youth Open</i> (3)	1:00-2:00pm <i>Fun Club</i> (3) Adult Lap (3)	1:00-3:00pm Adult Lap (3) <i>Youth Open</i> (3)	1:00-2:00pm <i>Fun Club</i> (3) Adult Lap (3)	6:30-8:30pm Family Swim(4) Adult Lap(2)	
1:30-3:30pm Adult Lap (3) <i>Youth Open</i> (3) <i>Fun Club</i>	3:00-4:00pm Adult Lap (3) <i>Youth Open</i> (3)	2:00-3:30pm Adult Lap (3) <i>Youth Open</i> (3)	3:00-4:00pm Adult Lap (3) <i>Youth Open</i> (3)	2:00-3:30pm Adult Lap (3) <i>Youth Open</i> (3)		
3:30-5:30pm <i>Youth Open</i> (3) Adult Lap (3)	4:00-5:00pm Progressive Swim Lessons (5) Adult Lap (1)	3:30-5:30pm <i>Youth Open</i> (3) Adult Lap (3)	4:00-5:00pm Progressive Swim Lessons (5) Adult Lap (1)	3:30-5:00pm <i>Youth Open</i> (3) Adult Lap (3)		
5:30-6:00pm <i>Youth Open</i> (3) Adult Lap (3)	5:00-5:30pm <i>Youth Open</i> (3) Adult Lap (3)	5:00-6:00pm Adult Lap (3) <i>Youth Open</i> (3)	5:00-5:30pm <i>Youth Open</i> (3) Adult Lap (3)	5:00-6:00pm Adult Lap (3) Family Swim (3)		
6:00-7:00pm Water Fitness (3) Adult Lap(3)	5:30-6:30pm Water fitness (3) Adult Lap (3)	6:00-7:00pm Water fitness (3) Adult Lap (3)	5:30-6:30pm Water fitness (3) Adult Lap (3)	6:00-9:00pm Family Swim (4) Adult Lap(2)		
7:00-8:30pm Family Swim (3) Adult Lap (3)	6:30-7:00pm SKIPS (3) Adult Lap (3)	7:00-8:30pm Family Swim (3) Adult Lap (3)	6:30-7:00pm PERS (3) Adult Lap (3)			
	7:00-8:30pm Family Swim (3) Adult Lap (3)		7:00-8:30 Family Swim (3) Adult Lap (3)			

Whirlpool-The whirlpool is open during all times except during Pool Party Rentals. The whirlpool is open to all members and community members 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.