

Norwich Family YMCA

Pool Schedule WINTER I: Jan 2-March 4, 2012 (DOLPHINS in Session)

UPDATED January 23, 2012

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)	6:30-8:00am 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)	8:00-9:00am Swim Team (4) Adult Lap (2)	9:30-11:00 Adult Lap (6)
9:00-9:30am Adult Lap/Open (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)	9:00-10:00am SKIPPERS (3) Swim Team (3)	11:00-noon Pool Rental
9:30-10:30am SKIPPERS (3) Nursery School Adult Lap(3)	9:30-10:30am Deep water workout (Deep) Adult Lap (3)	9:30-10:30am Nursery School (3) Adult Lap (3)	9:30-10:30am Deep Water Workout (deep) Adult Lap (3)	9:30-10:30am Nursery School(3) Adult Lap (3)	10:00-11:30am Progressive Lessons (6)	12:00-4:00pm Family Swim (3) Adult Lap (3)
10:30-11:00am BDC (3) Adult Lap(3)	10:30-11:30am Adult Lap (6)	10:30-11:00am BDC (3) Adult Lap (3)	10:30-11:30am Adult Lap (6)	10:30-11:00 CWS (3) Adult Lap (3)	11:30-12:00 Youth Open(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)	12:00-1:30pm 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)	12:00-1:00pm Adult Lap (6)	1:30-4:00pm Pool Rental (6)	
1:00-1:30pm CWS (3) Adult Lap (3)	1:00-2:00pm PreK (3) Adult Lap (3)	1:00-2:00pm PreK (3) Adult Lap (3)	1:00-2:00pm PreK (3) Adult Lap (3)	1:00-2:00pm Adult Lap (6)	4:00-6:30pm Adult Lap (3) Youth Open (3)	
1:30-3:15pm Adult Lap (3) Youth Open (3)	2:00-3:15pm Youth Open(3) Adult Lap (3)	2:00-3:15pm Adult Lap (3) Youth Open (3)	2:00-3:15pm Adult Lap (3) Youth Open (3)	2:00-3:15pm Adult Lap (3) Youth open	6:30-8:30pm Family Swim (4) Adult Lap(2)	
3:15-4:30pm JR Swim Team (6)	3:15-5:00pm Sr Swim Team (6)	3:15-4:30pm JR Swim Team (6)	3:15-5:00pm Sr Swim Team (6)	3:15-4:30pm JR Swim Team (6)		
4:30-6:00pm Sr Swim Team (6)	5:00-5:15pm Adult Lap Swim (6)	4:30-6:00pm Sr Swim Team (6)	5:00-5:15pm Adult Lap Swim (6)	4:30-6:00pm SR Swim Team (6)		
6:00-7:00pm Water Fitness (3) Adult Lap (3)	5:15-6:00pm Water Fitness Adult Lap (3)	6:00-7:00pm Water Fitness (3) Adult Lap (3)	5:15-6:00pm Water Fitness (3) Adult Lap (3)	6:00-7:00pm Family Swim (3) Adult Lap (3)		
7:00-8:30pm Family Swim (3) Adult Lap (3)	6:00-6:30pm SKIPS (3) Lap(3)	7:00-8:30pm Family Swim (3) Adult Lap (3)	6:00-6:30pm PERS (3) Lap (3)	7:00-9:00pm Adult Lap (3) Family Swim (3)		
	6:30-7:15pm Progressive Swim Lessons (4) Lap (2)		6:30-7:15pm Progressive Swim Lessons (4) Lap (2)			
	7:15-8:30pm Family Swim (3) Adult Lap (3)		7:15-8:30 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

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adult. All Pool rules will be enforced.