

# NORWICH YMCA POOL SCHEDULE: April 1st-May 22nd

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-8:30 AM	Adult Lap (6)	Adult Lap (6)	Adult Lap (6)	Adult Lap (6)	Adult Lap (6)	Pool Closed	9:30-10:45AM Adult Lap (6)
8:30-9:30 AM	Adult Lap (2) Water Fitness (4)	Adult Lap (2) Water Fitness (4)	Adult Lap (2) Water Fitness (4)	Adult Lap (2) Water Fitness (4)	Adult Lap (2) Water Fitness (4)	7:15-8:45AM Adult Lap (6)	
9:30-10:30 AM	Water Arthritis (4) Adult Lap (2)	Pre-School/Nursery Swim Lessons (3) Adult Lap (3)	Water Arthritis (4) Adult Lap (2)	Adult Lap (6)	Pool Closed for Pre-School Swim Lessons (2) Water Arthritis (4)	8:45 - 11:00PM Pool Closed For Swim Lessons	10:45-11:00am Pool Closed
10:30-10:45 AM	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	11:00-12:45PM Adult Lap (3) Open Swim (3)	11:00am-12:00pm Pool Reservation
10:45-12:00 PM	Adult Lap (3) Open Swim (3)	Adult Lap (3) Open Swim (3)	Adult Lap (3) Open Swim (3)	Adult Lap (3) Open Swim (3)	Adult Lap (3) Open Swim (3)	12:45-1:00 PM Pool Closed	12:00pm-4:30pm Adult Lap (3) Open Swim (3)
12:00-1:00 PM	Adult Lap (3) Praise in the Pool (3)	Adult Lap (3) Water Aerobics (3)	Adult Lap (3) Praise in the Pool (3)	Adult Lap (3) Water Aerobics (3)	Adult Lap (3) Praise in the Pool (3)	1:00-2:00 PM Pool Reservation	
1:00-2:00 PM	Adult Lap (3) Open Swim (3)	Pre-School/Nursery Swim Lessons (3) Adult Lap (3)	Adult Lap (3) Open Swim (3)	Adult Lap (3) Open Swim (3)	Adult Lap (3) Open Swim (3)	2:00-3:00 PM Adult Lap (3) Open Swim (3)	
2:00-2:15 PM	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	3:00-3:15 PM Pool Closed	
2:15-4:00 PM	Adult Lap (3) Open Swim (2) Private Lessons (1)	Adult Lap (3) Open Swim (2) Private Lessons (1)	Adult Lap (3) Open Swim (2) Private Lessons (1)	Adult Lap (3) Open Swim (2) Private Lessons (1)	Adult Lap (3) Open Swim (2) Private Lessons (1)	3:15-4:15 PM Pool Reservation	
4:00-5:30 PM	Adult Lap (3) Open Swim (2) Private Lessons (1)	Adult Lap (3) Open Swim (2) Private Lessons (1)	Adult Lap (3) Open Swim (2) Private Lessons (1)	Adult Lap (3) Open Swim (2) Private Lessons (1)	Adult Lap (3) Open Swim (2) Private Lessons (1)	4:15PM-6:30 PM Adult Lap (3) Open Swim (3)	
5:30-6:30 PM	Adult Lap (3) Praise in the Pool (3)	Water Fitness (3) Adult Lap (2) Private Lessons (1)	Adult Lap (3) Aqua HITT (3)	Pool Closed For Swim Lessons/ Water Fitness	Adult Lap (3) Open Swim (2) Private Lessons (1)		
6:30-8:00 PM	Adult Lap (3) Open Swim (3)	Adult Lap (3) Open Swim (3)	Adult Lap (3) Open Swim (3)	Swim Lessons 6:30-7pm (3) Open Swim (3)	Adult Lap (3) Open Swim (3)		
				Adult Lap (3) Open Swim (3)			

SEE BACK FOR MORE INFORMATION



## **ADDITIONAL INFORMATION**

- No street shoes are to be worn on the deck.
- Before entering the pool a shower is required.

**Open Swim**– Open swim lanes are lanes which are available to individuals or families, these lanes are for both lap swimming and recreational/Open swimming. When Open swimming, parents/guardians of children in grades 6 and under must remain in the water on the pool deck while their children swim and must actively watch and engage with their child in the water. If the child is in an approved personal flotation device (PFD) then the parent must remain within arms reach of that child.

**Please Note that on days that Norwich City School District is not holding classes, the YMCA Childcare program reserves the open swim lanes from 2:15–3:15.**

**Adult Lap**– Adult lap lanes are available to swimmers 18 and over (15 and over if a member of a competitive swim program) for lap swimming and water exercise.

**Private Swim Lessons**– During times where lanes are allotted to private swim lessons, laps swimmers may be asked to move to a shared lane so that the swim lessons can run at their scheduled time.

**Youth** – Youth in grade 6 or higher are allowed to swim without an adult, so long as they do not need a personal floatation device (PFD). If a PFD is recommended by a lifeguard, then youth swimmers will only be allowed to swim with adults 18 and older. Children in grade 6 or lower must be accompanied by an adult 18 years or older.

**Pool Reservations**– These time slots are reserved for Birthday and Party Rentals. In the event that a rental is not planned for these time slots, the time slot will be converted to 4 adult lap lanes and 2 Open Swim Lanes.

### **A Note on Sharing Lanes:**

It's possible that we run into busy periods here at the YMCA Pool. These popular swim times could mean that swimmers may need to share their lap lanes, to ensure that everyone can get their time in the pool at their convenience. We encourage friendly lane sharing here at the YMCA pool through "circle swimming" or splitting the lane. Either of these options create a lane wherein both swimmers can do their workouts simultaneously! Our open swim area is a shared space for families and swimmers who are here to have fun. Children are not permitted in Adult Lap lanes but are welcome in the open swim area!