



NORWICH YMCA POOL SCHEDULE

To reserve a class or lane go to <https://norwichfamilyymca9622.setmore.com> or call 607-336-9622

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|--|--------------------------------------|--|--------------------------------------|---------------------------------------|--|----------------------------------|
| 6:15-7:15 AM | Open Lanes (6) | Open Lanes (6) | Open Lanes (6) | Open Lanes (6) | Open Lanes (6) | Pool Closed | 9:30-10:30 AM Open Lanes (6) |
| 7:15-8:15 AM | Open Lanes (6) | Open Lanes (6) | Open Lanes (6) | Open Lanes (6) | Open Lanes (6) | Open Lanes (6) | 10:30-11:30 AM Open Lanes (6) |
| 8:15-8:30 AM | Pool Closed | Pool Closed | Pool Closed | Pool Closed | Pool Closed | | 8:30-8:45 Pool Closed |
| 8:30-9:30 AM | Open Lanes (3) Water Fitness (3) | Open Lanes (3) Water Fitness (3) | Open Lanes (3) Water Fitness (3) | Open Lanes (3) Water Fitness (3) | Open Lanes (3) Water Fitness (3) | Pool Closed for Swim Lessons from 9:00 am - 12:05 pm | 11:45-12:45 PM Open Lanes (6) |
| 9:30-10:30 AM | Open Lanes (3) Water Arthritis (3) | Open Lanes (6) | Open Lanes (3) Water Arthritis (3) | Open Lanes (6) | Open Lanes (3) Water Arthritis (3) | | 12:45-1:45 PM Open Lanes (6) |
| 10:30-10:45 AM | Pool Closed | Pool Closed | Pool Closed | Pool Closed | Pool Closed | | 1:45 PM Pool Closed |
| 10:45-11:45 AM | Open Lanes (3) Childcare Swim (3) | Open Lanes (3) Childcare Swim (3) | Open Lanes (3) Childcare Swim (3) | Open Lanes (3) Childcare Swim (3) | Open Lanes (3) Childcare Swim (3) | Open Lanes (6) | |
| 11:45-12:45 PM | Open Lanes (6) | Open Lanes (6) | Open Lanes (6) | Open Lanes (6) | Open Lanes (6) | Open Lanes (6) | |
| 12:45-1:00 PM | Pool Closed | Pool Closed | Pool Closed | Pool Closed | Pool Closed | Pool Closed | |
| 1:00-2:00 PM | Open Lanes (3) Childcare Swim (3) | Open Lanes (3) Childcare Swim (3) | Open Lanes (3) Childcare Swim (3) | Open Lanes (3) Childcare Swim (3) | Open Lanes (3) Childcare Swim (3) | Open Lanes (6) | |
| 2:00-3:00 PM | Open Lanes (3) Childcare Swim (3) | Open Lanes (3) Childcare Swim (3) | Open Lanes (3) Childcare Swim (3) | Open Lanes (3) Childcare Swim (3) | Open Lanes (3) Childcare Swim (3) | Open Lanes (6) | |
| 3:00-3:15 PM | Pool Closed | Pool Closed | Pool Closed | Pool Closed | Pool Closed | Pool Closed | |
| 3:15-4:15 PM | Open Lanes (6) | Open Lanes (6) | Open Lanes (6) | Open Lanes (6) | Open Lanes (6) | | |
| 4:15-5:15 PM | Open Lanes (6) | Open Lanes (6) | Open Lanes (6) | Open Lanes (6) | Open Lanes (6) | | |
| 5:15-5:30 PM | Pool Closed | Pool Closed | Pool Closed | Pool Closed | Pool Closed | | |
| 5:30-6:30 PM | Open Lanes (3) Praise in the Pool (3) | Open Lanes (3) Water Fitness (3) | Open Lanes (3) Praise in the Pool (3) | Open Lanes (3) Water Fitness (3) | Open Lanes (6) | | |

SEE BACK FOR MORE INFORMATION

ADDITIONAL INFORMATION

- Each member must read & sign the YMCA COVID waiver.
- Read & Sign our Online Reservation Terms & Conditions when signing up for a lane at <https://norwichfamilyymca9622.setmore.com>
- 1 hour per day per person or family.
- No street shoes are to be worn on the deck.
- Before entering the pool a shower is required.
- If utilizing the shower be sure to spray it down after use with cleaning supplies.
- Appropriate masks must be worn in the YMCA, except when swimming.
- Minimum age for children to be in the facility without a parent is **7th grade**. *must be actively engaged in activity and can not "hang out" at the YMCA.
- Water Fountains are closed for drinking however you may fill your water bottles from the bottle filler
- Cleaning supplies are available for members to use while in the YMCA facility.
- Sauna are NOT open at this time.
- Only 4 people allowed in whirlpool at the same time.
- Social Distancing is required throughout the building.
- You may bring in and/or use our equipment, please put YMCA equipment in designated area for proper cleaning when finished.
- You may utilize the pool lanes for lap swimming, individual water exercise or families (up to 10 people) may swim together in the same lane. (Families are defined as being on the same membership for verification)