

## **ADDITIONAL INFORMATION**

- No street shoes are to be worn on the deck.
- Before entering the pool a shower is required.
- Water Fountains are closed for drinking however you may fill your water bottles from the bottle filler
- Unvaccinated members and guests must wear a mask per CDC guidelines in the YMCA, except when swimming.

**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 10:45–11:45 and 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 7 or higher are allowed to swim without an adult, so long as they do not need a personal flotation 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 and 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:**

The transition from lane reservations to a more open schedule comes with some things to remember and adjust to! It's possible that we run into busier 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 transition to a shared space, as well, similar to our system before the Covid-19 reservation system was put into place. If you have any question please don't hesitate to call and ask!