



# NORWICH YMCA POOL SCHEDULE

Sept. 7 - Oct. 31, 2021

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 (2) Water Fitness (4)	Open Lanes (2) Water Fitness (4)	Open Lanes (2) Water Fitness (4)	Open Lanes (2) Water Fitness (4)	Open Lanes (2) Water Fitness (4)	Pool Closed for Swim Lessons from 9:00 am - 11:45 pm	11:45-12:45 PM Open Lanes (6)
9:30-10:30 AM	Water Arthritis (4) Open Lanes (2)	Open Lanes (6)	Water Arthritis (4) Open Lanes (2)	Open Lanes (6)	Open Lanes (6)		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 (6)	Open Lanes (6)	Open Lanes (6)	Open Lanes (6)	Open Lanes (6)	Open Lanes (6)	
11:45-12:45 PM	Open Lanes (3) Praise in the Pool (3)	Open Lanes (3) Water Aerobics (3)	Open Lanes (3) Praise in the Pool (3)	Open Lanes (3) Water Aerobics (3)	Open Lanes (3) Praise in the Pool (3)	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 (6)	Open Lanes (6)	Open Lanes (6)	Open Lanes (6)	Open Lanes (6)	Open Lanes (6)	
2:00-3:00 PM	Open Lanes (6)	Open Lanes (6)	Open Lanes (6)	Open Lanes (6)	Open Lanes (6)	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 (5) Private Lessons (1)	Open Lanes (5) Private Lessons (1)	Open Lanes (5) Private Lessons (1)	Open Lanes (5) Private Lessons (1)	Open Lanes (5) Private Lessons (1)	Open Lanes (6)	
4:15-5:15 PM	Open Lanes (5) Private Lessons (1)	Open Lanes (5) Private Lessons (1)	Open Lanes (5) Private Lessons (1)	Open Lanes (5) Private Lessons (1)	Open Lanes (5) Private Lessons (1)		
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)		
6:30-8:00 PM	Lap Swim(3) Family Swim (3)	Lap Swim(3) Family Swim (3)	Lap Swim(3) Family Swim (3)	Lap Swim(3) Family Swim (3)	Family Swim (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>
- 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
- Cleaning supplies are available for members to use while in the YMCA facility.
- 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)
- Unvaccinated members and guests must wear a mask per CDC guidelines in the YMCA, except when swimming.

**Family Swims** - During family swim times the parents/guardians must remain on the deck with their children and actively watch and engage with their child in the water. If the child is in an approved personal floatation device (PFD) then the parent must be within arms reach of the child.

**Youth** - children in grades 7th are allowed to swim without an adult as 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. Youth in grades 6th and under must be accompanied by an adult 18 years and older.