## Age Restrictions for Pool Usage

#### 5 and under -

Must be accompanied in the water, within arms length away at all times by an individual 16 years or older.

#### Ages 6-8-

Must be accompanied in the pool area at all times by an individual 16 years or older.

#### Any individual wearing a flotation device-

Must be accompanied in the water at all times by an individual 16 years or older, within arms reach.

#### Lap/Shared-

This time is reserved for any patron using the pool for exercise purposes; walking, taking an aquatic fitness class, or swimming laps.

#### Open Swim-

Pool is open for all patrons at this time. Children, families, and adults are all welcomed to utilize the pool.

#### Swim Lessons-

This time is reserved specifically just for YMCA swim lesson participants.

#### Aquajets/High School Swim Team-

This time is reserved specifically just for YMCA Swim Team and High School Swim Team.

#### Aquacise-

This time is reserved for anyone ages 18+ to participate in group exercise classes in the water.

#### CHILDREN OR PLAY-TIME IS ONLY ALLOWED DURING OPEN SWIM!

#### **Pool Closures**

Sunday April 20th— Easter, pool closed all day.
Monday April 21st— Pool closed from 3-4 for a pool party.

Schedule is subject to change without notice. Please Refer to our Monthly High Usage schedule for additional details.

#### **POOL DRESS CODE:**

- 1. All Patrons must shower before entering the pool.
- 2. Appropriate swim attire is required before entering the pool. Swimsuit or swim trunks, you may wear a t-shirt to cover swim attire if desired.
- 3. ABSOLUTELY NO gym shorts, undergarments, jean shorts, etc. will NOT be considered swim attire. (If these items are worn you will be asked to leave.)
- 4. ABSOLUTELY NO floatation devices passed the blue 5 foot line

Norfolk Family YMCA 301 W Benjamin Avenue Norfolk, NE 68701 402-371-9770 www.norfolkymca.org

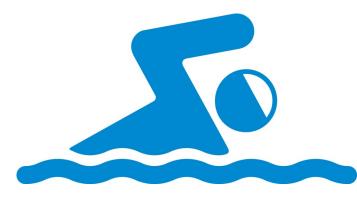
For any questions with the schedule, please see our Welcome Center or ask our Aquatics Director, Dylan Moore at swim@norfolkymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

### SWIMMING POOL SCHEDULE

March 9th-May 3rd NORFOLK FAMILY YMCA



# Pool Schedule Mar. 9th-May 3rd \*(A)-Adult Only (C)-Children Allowed (NA)-Closed to Public \*Look on other side for pool closures

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim (C) 11:00-3:00 pm	Lap/Shared (A) 5:00 am-1:00 pm	Lap/Shared (A) 5:00 am-1:00 pm	Lap/Shared (A) 5:00 am-1:00 pm	Lap/Shared (A) 5:00 am-1:00 pm	Lap/Shared (A) 5:00-1:00 pm	
	Aquacise (A) 5:15-6:00 am 7:00-7:45 am 7:45-8:45 am	Aquacise (A) 5:15-6:00 am 7:00-8:00 am 7:45-8:45 am	Aquacise (A) 5:15-6:00 am 7:00-7:45 am 7:45-8:45 am	Aquacise (A) 5:15-6:00 am 7:00-8:00 am 7:45-8:45 am	Aquacise (A) 5:15-6:00 am 8:00-9:00 am	Lap/Shared (A) 8:00 am-12:00 pm Aquacise (A) 8:15-9:15 am
	Open Swim (C) 9:45-1:00 pm (Shallow pool only, Adult Supervision)	Open Swim (C) 9:45-1:00 pm (Shallow pool only, Adult Supervision)	Open Swim (C) 9:45-1:00 pm (Shallow pool only, Adult Supervision)	Open Swim (C) 9:45-1:00 pm (Shallow pool only, Adult Supervision)	Open Swim (C) 9:45-12:00 pm (Shallow pool only, Adult Supervision)	
	Open Swim (C) 1:00-5:30 pm	Open Swim (C) 1:00-6:00 pm	Open Swim (C) 1:00-5:30 pm	Open Swim (C) 1:00-6:00 pm	Open Swim (C) 12:00-7:00 pm	
					Special Olympics	
Swim Lessons (NA) 3:30-5:30	Swim Lessons (NA) 5:30-6:45	Aquacise (A) 6:15-7:15 pm	Swim Lessons (NA) 5:30-6:45	Aquacise (A) 6:15-7:15 pm	Swim Team 5:30-6:30 pm (3 Lanes)	Open Swim (C) 12:00-5:00 pm
	Aquacise (A) 6:45-7:45 pm	Lap/Shared (A) 6:00-8:00 pm	Aquacise (A) 6:45-7:45 pm	Lap/Shared (A) 6:00-8:00pm		·
	Lap/Shared (A) 6:45-8:00 pm	Open Swim (C) 6:00–8:00 pm (Shallow pool only, Adult Supervision)	Lap/Shared (A) 6:45-8:00 pm	Open Swim (C) 6:00–8:00pm (Shallow pool only, Adult Supervision)		
	Open Swim (C) 6:45-8:00 pm (Shallow pool only, Adult Supervision)		Open Swim (C) 6:45–8:00 pm (Shallow pool only, Adult Supervision)			
YMCA POOL CLOSED	YMCA POOL CLOSED	YMCA POOL CLOSED	YMCA POOL CLOSED	YMCA POOL CLOSED	YMCA POOL CLOSED	YMCA POOL CLOSED