

SWIMMING POOL SCHEDULE



September 8th - November 16th

Pool Closures

Saturday, October 3 - Aquajets Swim Meet
Saturday, November 7 - Aquajets Swim Meet
Thursday, November 26 - Thanksgiving
Saturday, January 30 - Aquajets Swim Meet

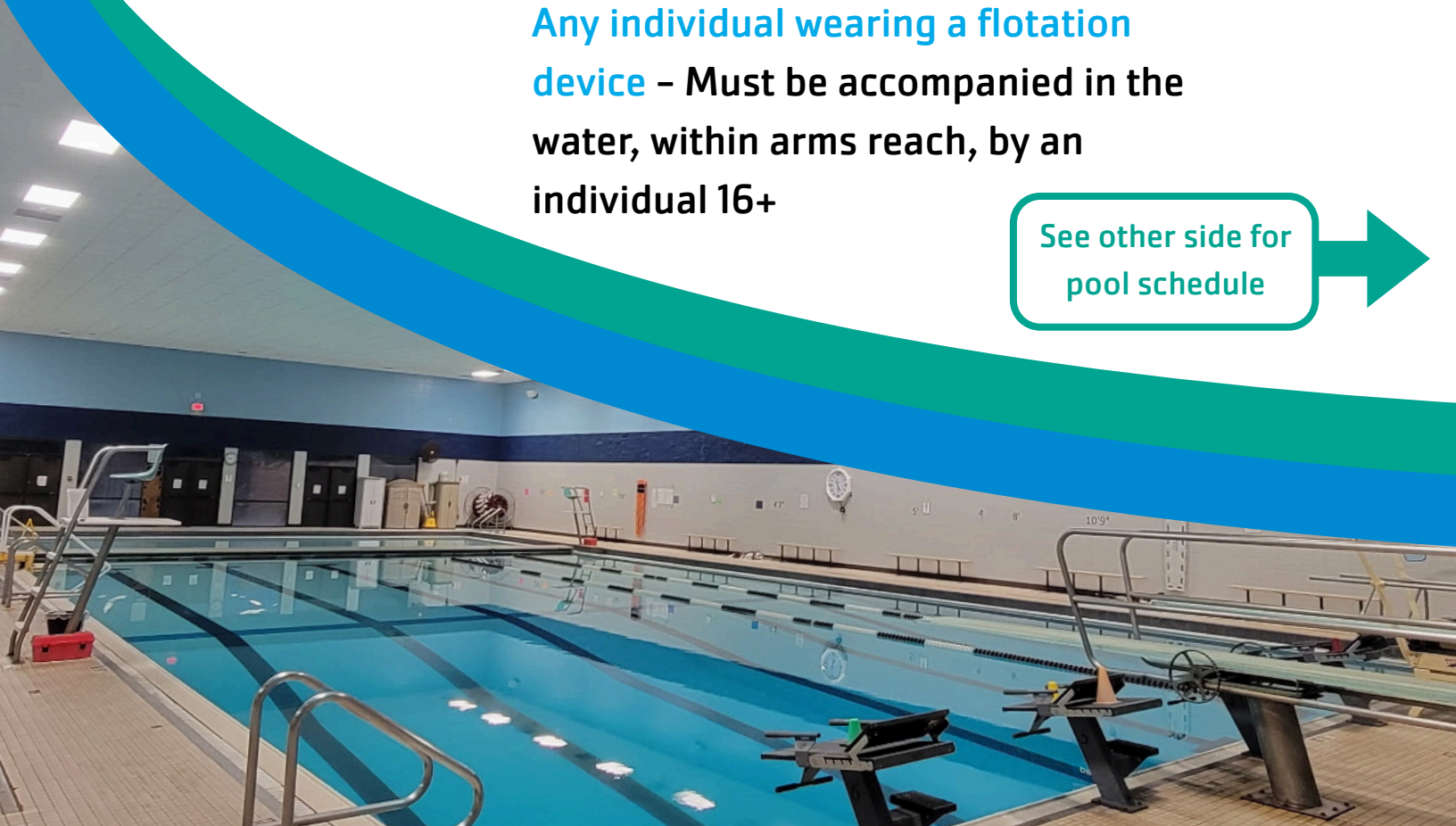
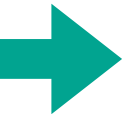
Age Restrictions for Pool Usage

5 and under - Must be accompanied in the water, within arms length away, at all times by an individual 16+

Ages 6-11 - Must be accompanied in the pool area at all times by an individual 16+

Any individual wearing a flotation device - Must be accompanied in the water, within arms reach, by an individual 16+

See other side for
pool schedule





Pool Schedule Sept. 8th – Nov. 16th



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim (C) 11:00–3:00pm	Lap Shared (A) 5:00–1:00pm Aquacise (A) 5:15–6:00am 7:00–7:45am 7:45–8:45am Open Swim (C) 9:45–1:00pm (Shallow pool only, adult supervision)	Lap Shared (A) 5:00–1:00pm Aquacise (A) 5:15–6:00am 7:00–7:45am 7:45–8:45am Open Swim (C) 9:45–1:00pm (Shallow pool only, adult supervision)	Lap Shared (A) 5:00–1:00pm Aquacise (A) 5:15–6:00am 7:00–7:45am 7:45–8:45am Open Swim (C) 9:45–1:00pm (Shallow pool only, adult supervision)	Lap Shared (A) 5:00–1:00pm Aquacise (A) 5:15–6:00am 7:00–7:45am 7:45–8:45am Open Swim (C) 9:45–1:00pm (Shallow pool only, adult supervision)	Lap Shared (A) 5:00–1:00pm Aquacise (A) 5:15–6:00am 7:00–8:00am 8:00–9:00am Open Swim (C) 9:45–12:00pm (Shallow pool only, adult supervision)	Lap Shared (A) 8:00–12:00pm Aquacise (A) 8:15–9:15am
	Open Swim (C) 1:00–3:45pm Aquajets Practice (NA) 4:00–6:00pm	Open Swim (C) 1:00–3:45pm Aquajets Practice (NA) 4:00–6:00pm	Open Swim (C) 1:00–3:45pm Aquajets Practice (NA) 4:00–6:00pm	Open Swim (C) 1:00–3:45pm Aquajets Practice (NA) 4:00–6:00pm	Open Swim (C) 12:00–7:00pm Special Olympics Swim Team 5:30–6:30pm (3 lanes)	
Swim Lessons (NA) 3:20–5:30pm	Swim Lessons (NA) 5:30–6:45pm Aquacise (A) 6:45–7:45pm Lap Shared (A) 6:45–8:00pm Open Swim (C) 6:45–8:00pm (Shallow pool only, adult supervision)	Aquacise (A) 6:45–7:45pm Lap Shared (A) 6:00–8:00pm Open Swim (C) 6:00–8:00pm (Shallow pool only, adult supervision)	Aquacise (A) 6:45–7:45pm Lap Shared (A) 6:45–8:00pm Open Swim (C) 6:45–8:00pm (Shallow pool only, adult supervision)	Aquacise (A) 6:45–7:45pm Lap Shared (A) 6:00–8:00pm Open Swim (C) 6:00–8:00pm (Shallow pool only, adult supervision)		Open Swim (C) 12:00–5:00pm
Pool closes at 3:00pm	Pool closes at 8:00pm	Pool closes at 8:00pm	Pool closes at 8:00pm	Pool closes at 8:00pm	Pool closes at 7:00pm	Pool closes at 5:00pm

(A)–Adult Only (C)–Children Allowed (NA)–Closed to Public

Children or playtime is only allowed during open swim

Schedule is subject to change without notice

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 welcome to utilize the pool.

Swim Lessons

This time is reserved specifically for YMCA swim lesson participants

Aquajets/Swim Team

This time is reserved specifically for YMCA Swim Team, High School Swim Team, and Special Olympics Swim Team

Aquacise

This time is reserved for anyone 15+ to participate in group exercise classes in the water.

For any questions regarding the schedule, please see the Welcome Center or contact Aquatics Director Abbee Hutchinson at swim@norfolkymca.org