SWIMMING POOL SCHEDULE

November 16 – December 13

Pool Notes

Wednesday, November 25 – High School Swim Practice 9:15–11:15am
Thursday, November 26 – Thanksgiving (Closed)
Friday, November 27 – High School Swim Practice 9:15–11:15am (Pool opens at 7am)
Thursday, December 3 – High School Swim Meet (Pool closes at 2pm)
Thursday, December 24 – Christmas Eve (Pool closes at 1pm)
Friday, December 25 – Christmas Day (Closed)
Thursday, December 31 – Pool closes at 5pm
Saturday, January 30 – Aquajets Swim Meet (Closed)

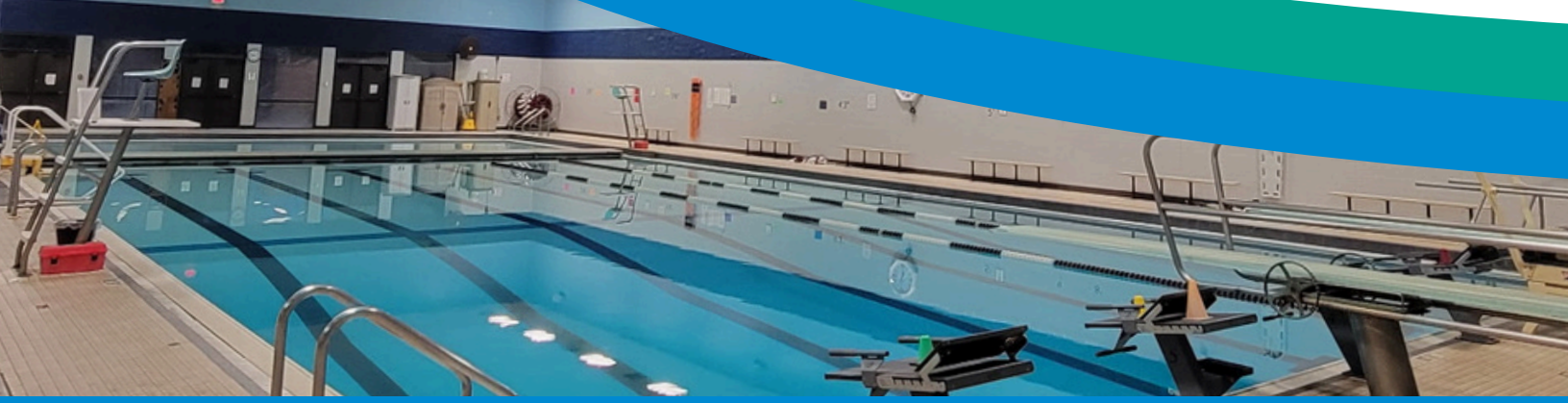
Age Restrictions for Pool Usage

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



For any questions regarding the schedule, please see the Welcome Center or contact swim@norfolkymca.org

Pool Schedule Nov. 16 – Dec. 13

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim (C) 11:00–3:00pm	HS Swim Practice (NA) 5:15–7:15am (3 Lanes) Lap Shared (A) 7:15am–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)	HS Swim Practice (NA) 5:15–7:15am (3 Lanes) Lap Shared (A) 7:15am–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)	HS Swim Practice (NA) 5:15–7:15am (Whole Pool) Lap Shared (A) 7:00–1:00pm 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)	HS Swim Practice (NA) 7:15–9:15am Lap Shared (A) 9:00–12:00pm Aquacise (A) 9:15–10:15am
	Open Swim (C) 1:00–3:45pm HS Swim Practice (NA) 3:50–5:45pm Aquajets Practice (NA) 5:45–6:45pm	Open Swim (C) 1:00–3:45pm HS Swim Practice (NA) 3:50–5:45pm Aquajets Practice (NA) 5:45–6:45pm	Open Swim (C) 1:00–3:45pm HS Swim Practice (NA) 3:50–5:45pm Aquajets Practice (NA) 5:45–6:45pm	Open Swim (C) 1:00–3:45pm HS Swim Practice (NA) 3:50–5:45pm Aquajets Practice (NA) 5:45–6:45pm	Open Swim (C) 12:00–7:00pm HS Dive Team 3:45–5:30pm (1 Lane Only) Special Olympics Swim Team 5:30–6:30pm (3 lanes)	
Swim Lessons (NA) 3:20–5:10pm	Swim Lessons (NA) 5:30–6:40pm Aquacise (A) 6:45–7:45pm HS Dive Team 6:45–8:00pm Lap Shared (A) 6:45–8:00pm (1 Lane Only) Open Swim (C) 6:45–8:00pm (Shallow pool only, adult supervision)	Aquacise (A) 6:45–7:45pm HS Dive Team 6:45–8:00pm Lap Shared (A) 6:45–8:00pm (1 Lane Only) Open Swim (C) 6:00–8:00pm (Shallow pool only, adult supervision)	Aquacise (A) 6:45–7:45pm HS Dive Team 6:45–8:00pm Lap Shared (A) 6:45–8:00pm (1 Lane Only) Open Swim (C) 6:45–8:00pm (Shallow pool only, adult supervision)	Aquacise (A) 6:45–7:45pm HS Dive Team 6:45–8:00pm Lap Shared (A) 6:45–8:00pm (1 Lane Only) Open Swim (C) 6:45–8:00pm (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, aquatic fitness class, or laps.

Open Swim
Pool is open for all patrons at this time. Children, families, and adults are all welcome.

Swim Lessons
This time is reserved specifically for YMCA swim lesson participants.

Aquajets/Swim Team
This time is reserved 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.