## 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 6-11

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
PLAYTIME IS ONLY
ALLOWED DURING
OPEN SWIM!

#### **Pool Closures**

Wednesday December 24th-YMCA Closes at 3 PM Thursday December 25th-YMCA Closed for Christmas Wednesday December 31st- YMCA Closes at 6 PM Thursday January 1st- Pool Closed for New Year's Day

Schedule is subject to change without notice

#### **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

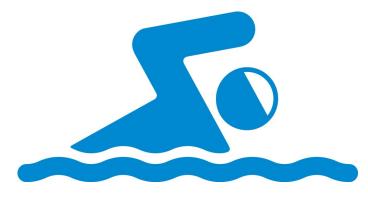
For any questions with the schedule, please see our Welcome Center or ask our Aquatics Director, Dylan Moore at swim@norfolkymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

## SWIMMING POOL SCHEDULE

December 21st-December 27th NORFOLK FAMILY YMCA



# Pool Schedule Dec. 2 1 st-Dec. 27th \*(A)-Adult Only (C)-Children Allowed (NA)-Closed to Public \*Look on other side for pool closures

\*Look on other side for pool closures\*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim (C) 11:00-3:00 pm	HS Swim Practice 5:15-7:00 am (3 Lanes) Lap Shared (A) 7:00-1:00 pm (1 Lane during Dive Team) Aquacise (A) 5:15-6:00 am 7:00-7:45 am 7:45-8:45 am HS Dive Team 7:15-9:15 Open Swim (C) 9:45-1:00 pm (Shallow pool only, Adult Supervision)	Lap Shared (A) 5:00-1:00 pm (1 Lane during Dive Team)  Aquacise (A) 5:15-6:00 am 7:00-7:45 am 7:45-8:45 am  HS Dive Team 7:15-9:15  HS Swim Practice 9:15-11:15 am  Aqualet's Practice 11:15-12:15 pm (3-4 Lanes)	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 Open Swim (C) 9:45-12:00 pm (Shallow pool only, Adult Supervision)	YMCA Pool Closed for Christmas Day  YMCA Pool Closed for Christmas Day	Lap Shared (A) 5:00-1:00 pm Aquacise (A) 5:15-6:00 am 8:00-9:00 am Open Swim (C) 9:45-11:15 pm (Shallow pool only, Adult Supervision) Aqualet's Practice 11:15-12:15 pm (3-4 Lanes)	Lap Shared (A) 9:00-12:00 pm Aquacise (A) 9:15-10:15 am
	Open Swim (C) 1:00-3:50 pm Kid's Club Swim 1:00-3:00 PM HS Swim Practice 3:50-5:45 pm Aqualet's Practice 5:45-6:45 pm (3-4 Lanes)	Open Swim (C) 12:15-6:00 pm Kid's Club Swim 1:00-3:00 PM	Open Swim (C) 12:00-3:00 pm	YMCA Pool Closed for Christmas Day  YMCA Pool Closed for Christmas Day  YMCA Pool Closed for Christmas Day	Open Swim (C) 12:15-7:00 pm	Open Swim (C)
	Aquacise (A) 6:45-7:45 pm Lap Shared (A) 6:45-8:00 pm (1 Lane only) Open Swim (C) 6:45-8:00 pm (Shallow pool only, Adult Supervision)	Aquacise (A) 6:45-7:45 pm Lap Shared (A) 6:00-8:00 pm Open Swim (C) 6:00-8:00 pm (Shallow pool only, Adult Supervision)	YMCA Pool Closes at 3 PM for Christmas Eve  YMCA Pool Closes at 3 PM for Christmas Eve	YMCA Pool Closed for Christmas Day  YMCA Pool Closed for Christmas Day  YMCA Pool Closed	Kid's Club Swim 1:00-3:00 PM	12:00-5:00 pm
Pool Closes at 3:00 pm	Pool Closes at 8:00 pm	Pool Closes at 8:00 pm		for Christmas Day	Pool Closes at 7:00 pm	Pool Closes at 5:00 pm