

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

Thursday, January 22nd-Closed at 2 for High school Swim Meet

Saturday, January 31st- Pool Closed for AquaJet's Swim Meet

**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 – flotation 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

January 4th-February 28th
NORFOLK FAMILY YMCA



Pool Schedule Jan. 4th-Feb. 28th

*(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 | HS Swim Practice 5:15-7:00 am (3 Lanes) Lap Shared (A) 7:00-1:00 pm Aquacise (A) 5:15-6:00 am 7:00-7:45 am 7:45-8:45 am Open Swim (C) 9:45-1:00 pm (Shallow pool only, Adult Supervision) | 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) 9:45-1:00 pm (Shallow pool only, Adult Supervision) | HS Swim Practice 5:15-7:00 am (3 Lanes) Lap Shared (A) 7:00-1:00 pm Aquacise (A) 5:15-6:00 am 7:00-7:45 am 7:45-8:45 am Open Swim (C) 9:45-1:00 pm (Shallow pool only, Adult Supervision) | 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) 9:45-1:00 pm (Shallow pool only, Adult Supervision) | HS Swim Practice 5:15-7:00 am (Whole Pool) Lap Shared (A) 7:00-1:00 pm Aquacise (A) 5:15-6:00 am 8:00-9:00 am Open Swim (C) 9:45-12:00 pm (Shallow pool only, Adult Supervision) | Lap Shared (A) 9:00-12:00 pm Aquacise (A) 9:15-10:15 am |
| | Open Swim (C) 1:00-3:50 pm HS Swim Practice 3:50-5:45 pm AquaJet's Practice 5:45-6:45 pm (3-4 Lanes) | Open Swim (C) 1:00-3:50 pm HS Swim Practice 3:50-5:45 pm AquaJet's Practice 5:45-6:45 pm (All Lanes) | Open Swim (C) 1:00-3:50 pm HS Swim Practice 3:50-5:45 pm AquaJet's Practice 5:45-6:45 pm (3-4 Lanes) | Open Swim (C) 1:00-3:50 pm HS Swim Practice 3:50-5:45 pm AquaJet's Practice 5:45-6:45 pm (All Lanes) | Open Swim (C) 12:00-7:00 pm HS Dive Team 3:45-5:30 pm (1 Lane only) Special Olympics Swim Team 5:30-6:30 pm (3 Lanes) | |
| Swim Lessons (NA) 3:30-5:30 pm | Swim Lessons (NA) 5:30-6:45 pm Aquacise (A) 6:45-7:45 pm HS Dive Team 6:45-8:00 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 HS Dive Team 6:45-8:00 pm Lap Shared (A) 6:45-8:00 pm (1 Lane only) Open Swim (C) 6:00-8:00 pm (Shallow pool only, Adult Supervision) | Swim Lessons (NA) 5:30-6:45 pm Aquacise (A) 6:45-7:45 pm HS Dive Team 6:45-8:00 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 HS Dive Team 6:45-8:00 pm Lap Shared (A) 6:45-8:00 pm (1 Lane only) Open Swim (C) 6:00-8:00 pm (Shallow pool only, Adult Supervision) | | Open Swim (C) 12:00-5:00 pm |
| Pool Closes at 5:30 pm | Pool Closes at 8:00 pm | Pool Closes at 8:00 pm | Pool Closes at 8:00 pm | Pool Closes at 8:00 pm | Pool Closes at 7:00 pm | Pool Closes at 5:00 pm |