

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

Wednesday, March 5th– Wacky
Wednesday (NECC) from 8-
10PM

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 – 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

March 2nd–March 8th
NORFOLK FAMILY YMCA



