

## Age Restrictions for Pool Usage

### 5 and under -

must be accompanied in the water 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

Monday May 29th– All Day  
Memorial Day

Tuesday July 4th– All Day  
Independence Day

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Schedule is subject to change  
without notice

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## 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](http://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](mailto:swim@norfolkymca.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWIMMING POOL SCHEDULE

May 28th–July 29th  
NORFOLK FAMILY YMCA



