

# SWIMMING POOL SCHEDULE



September 8th - November 16th

## Pool Closures

Saturday, October 3 - Aquajets Swim Meet  
Saturday, November 7 - Aquajets Swim Meet  
Thursday, November 27 - Thanksgiving  
Saturday, January 30 - Aquajets Swim Meet

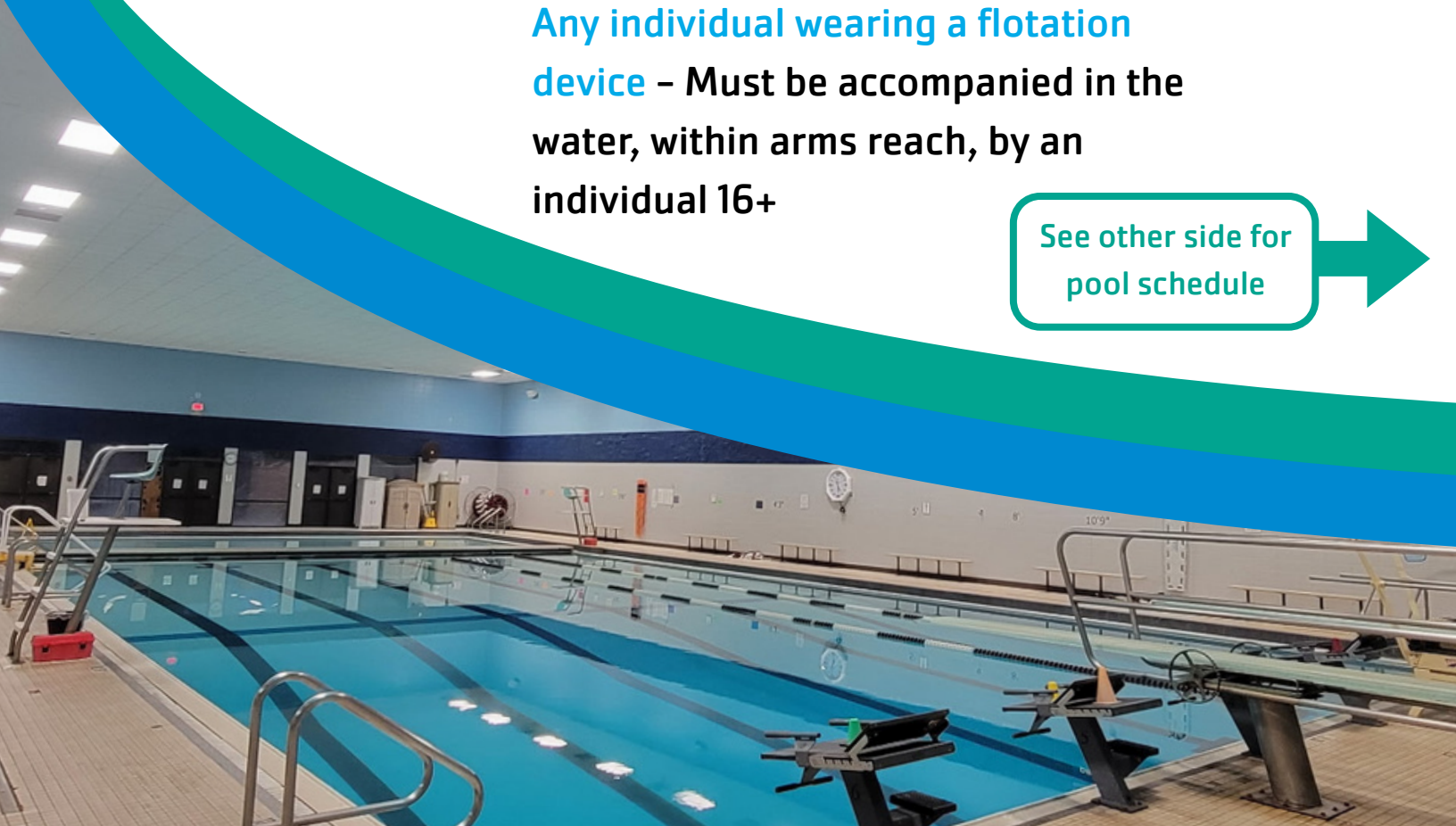
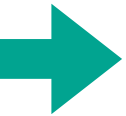
## Age Restrictions for Pool Usage

**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





# Pool Schedule Sept. 8<sup>th</sup> – Nov. 16<sup>th</sup>



| Sunday                                              | Monday                                                                                                                                                                                                                                                | Tuesday                                                                                                                                                                                                                                         | Wednesday                                                                                                                                                                                                                                       | Thursday                                                                                                                                                                                                                                        | Friday                                                                                                                                                                                                                                           | Saturday                                                                                         |
|-----------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| <div>Open Swim (C)</div> <div>11:00–3:00pm</div>    | <div>Lap Shared (A)</div> <div>5:00–1:00pm</div> <div>Aquacise (A)</div> <div>5:15–6:00am</div> <div>7:00–7:45am</div> <div>7:45–8:45am</div> <div>Open Swim (C)</div> <div>9:45–1:00pm</div> <div>(Shallow pool only, adult supervision)</div>       | <div>Lap Shared (A)</div> <div>5:00–1:00pm</div> <div>Aquacise (A)</div> <div>5:15–6:00am</div> <div>7:00–7:45am</div> <div>7:45–8:45am</div> <div>Open Swim (C)</div> <div>9:45–1:00pm</div> <div>(Shallow pool only, adult supervision)</div> | <div>Lap Shared (A)</div> <div>5:00–1:00pm</div> <div>Aquacise (A)</div> <div>5:15–6:00am</div> <div>7:00–7:45am</div> <div>7:45–8:45am</div> <div>Open Swim (C)</div> <div>9:45–1:00pm</div> <div>(Shallow pool only, adult supervision)</div> | <div>Lap Shared (A)</div> <div>5:00–1:00pm</div> <div>Aquacise (A)</div> <div>5:15–6:00am</div> <div>7:00–7:45am</div> <div>7:45–8:45am</div> <div>Open Swim (C)</div> <div>9:45–1:00pm</div> <div>(Shallow pool only, adult supervision)</div> | <div>Lap Shared (A)</div> <div>5:00–1:00pm</div> <div>Aquacise (A)</div> <div>5:15–6:00am</div> <div>7:00–8:00am</div> <div>8:00–9:00am</div> <div>Open Swim (C)</div> <div>9:45–12:00pm</div> <div>(Shallow pool only, adult supervision)</div> | <div>Lap Shared (A)</div> <div>8:00–12:00pm</div> <div>Aquacise (A)</div> <div>8:15–9:15am</div> |
|                                                     | <div>Open Swim (C)</div> <div>1:00–3:45pm</div> <div>Aquajets Practice (NA)</div> <div>4:00–6:00pm</div>                                                                                                                                              | <div>Open Swim (C)</div> <div>1:00–3:45pm</div> <div>Aquajets Practice (NA)</div> <div>4:00–6:00pm</div>                                                                                                                                        | <div>Open Swim (C)</div> <div>1:00–3:45pm</div> <div>Aquajets Practice (NA)</div> <div>4:00–6:00pm</div>                                                                                                                                        | <div>Open Swim (C)</div> <div>1:00–3:45pm</div> <div>Aquajets Practice (NA)</div> <div>4:00–6:00pm</div>                                                                                                                                        | <div>Open Swim (C)</div> <div>12:00–7:00pm</div> <div>Special Olympics Swim Team</div> <div>5:30–6:30pm (3 lanes)</div>                                                                                                                          |                                                                                                  |
| <div>Swim Lessons (NA)</div> <div>3:20–5:30pm</div> | <div>Swim Lessons (NA)</div> <div>5:30–6:45pm</div> <div>Aquacise (A)</div> <div>6:45–7:45pm</div> <div>Lap Shared (A)</div> <div>6:45–8:00pm</div> <div>Open Swim (C)</div> <div>6:45–8:00pm</div> <div>(Shallow pool only, adult supervision)</div> | <div>Aquacise (A)</div> <div>6:45–7:45pm</div> <div>Lap Shared (A)</div> <div>6:00–8:00pm</div> <div>Open Swim (C)</div> <div>6:00–8:00pm</div> <div>(Shallow pool only, adult supervision)</div>                                               | <div>Aquacise (A)</div> <div>6:45–7:45pm</div> <div>Lap Shared (A)</div> <div>6:45–8:00pm</div> <div>Open Swim (C)</div> <div>6:45–8:00pm</div> <div>(Shallow pool only, adult supervision)</div>                                               | <div>Aquacise (A)</div> <div>6:45–7:45pm</div> <div>Lap Shared (A)</div> <div>6:00–8:00pm</div> <div>Open Swim (C)</div> <div>6:00–8:00pm</div> <div>(Shallow pool only, adult supervision)</div>                                               |                                                                                                                                                                                                                                                  | <div>Open Swim (C)</div> <div>12:00–5:00pm</div>                                                 |
| 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, 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 welcome to utilize the pool.

## Swim Lessons

This time is reserved specifically for YMCA swim lesson participants

## Aquajets/Swim Team

This time is reserved specifically 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.

For any questions regarding the schedule, please see the Welcome Center or contact Aquatics Director Abbee Hutchinson at [swim@norfolkymca.org](mailto:swim@norfolkymca.org)