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

Sunday, April 5th– YMCA Closed all day for Easter

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
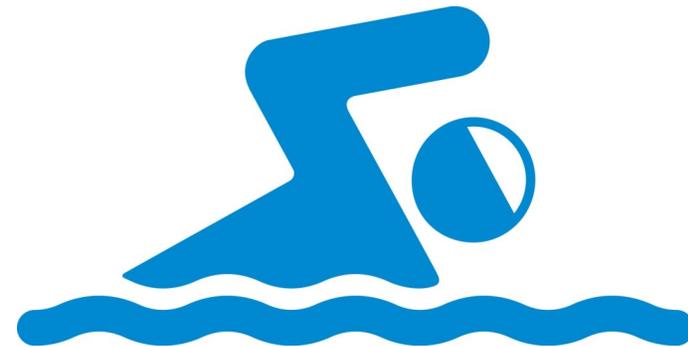301 W Benjamin Avenue
Norfolk, NE 68701
402-371-9770
www.norfolkymca.org

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

SWIMMING POOL SCHEDULE

March 15th–May 2nd
NORFOLK FAMILY YMCA

Updated 2/19/26

Pool Schedule Mar. 15th–May 2nd

*(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	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)	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)	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)	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)	Lap Shared (A) 5:00–1:00 pm Aquacise (A) 5:15–6:00 am 8:00–9:00 am Open Swim (C) 9:45–12:00 pm (Shallow pool only, Adult Supervision)	Lap Shared (A) 8:00–12:00 pm Aquacise (A) 8:15–9:15 am
	Open Swim (C) 1:00–5:30 pm	Open Swim (C) 1:00–6:00 pm	Open Swim (C) 1:00–5:30 pm	Open Swim (C) 1:00–6:00 pm	Open Swim (C) 12:00–7:00 pm Special Olympics Swim Team 5:30–6:30 pm (3 Lanes)	
Swim Lessons (NA) 3:20–5:30 pm	Swim Lessons (NA) 5:30–6:50 pm Aquacise (A) 6:45–7:45 pm Lap Shared (A) 6:50–8:00 pm Open Swim (C) 6:50–8:00 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)	Swim Lessons (NA) 5:30–6:50 pm Aquacise (A) 6:45–7:45 pm Lap Shared (A) 6:50–8:00 pm Open Swim (C) 6:50–8:00 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)		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