

## 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.

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### 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

Monday May 25th– Pool Closed  
for Memorial 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 3rd–May 23rd  
NORFOLK FAMILY YMCA



# Pool Schedule May 3rd–May 23rd

\*(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) 1:00–4:00 pm  AquaJet's Practice (NA) 4:00–6:00 pm	Open Swim (C) 1:00–4:00 pm  AquaJet's Practice (NA) 4:00–6:00 pm	Open Swim (C) 1:00–4:00 pm  AquaJet's Practice (NA) 4:00–6:00 pm	Open Swim (C) 1:00–4:00 pm  AquaJet's Practice (NA) 4:00–6:00 pm	Open Swim (C) 1:00–4:00 pm  AquaJet's Practice (NA) 4:00–6:00 pm	
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