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.

Adult Swim-

This time is reserved for anyone ages 18 and older to swim freely. Lap swim, exercising, and fun are allowed during this time period.

CHILDREN OR PLAY-TIME IS ONLY ALLOWED DURING OPEN SWIM!

Pool Closures

Tuesday, Jan. 10th-NHS Swim Meet- Closed @ 2 P.M. Saturday, Jan. 21st-Aquajet Swim Meet- Closed all day Thursday, Jan. 26th-NHS Swim Meet- Closed @ 2 P.M.

NHS Swim Meet— Closed @ 2 P.M. Tuesday, Jan. 31st-

NHS Swim Meet— Closed @ 2 P.M. Saturday & Sunday, February 25th & 26th—

NEN Basketball tournament— Closed all day both days

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 YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIMMING POOL SCHEDULE

January 8th-February 26th NORFOLK FAMILY YMCA



Pool Schedule Jan. 8th-Feb. 26th

*(A)-Adult Only (C)-Children Allowed (NA)-Closed to Public *Look on other side for pool closures

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lap/Shared (A) 5:00 am-1:00 pm	Lap/Shared (A) 5:00 am-1:00 pm	Lap/Shared (A) 5:00 am-1:00 pm	Lap/Shared (A) 5:00 am-1:00 pm	Lap/Shared (A) 5:00-1:00 pm	
Open Swim (C) 11:00 am - 3:00 pm	HS Swim Team 5:15-7:15 am (3 Lanes Only)	Aquacise (A) 5:15-6:00 am 7:00-8:00 am 8:00-9:00 am	HS Swim Team 5:15-7:15 am (3 Lanes Only)	Aquacise (A) 5:15-6:00 am 7:00-8:00 am 8:00-9:00 am	HS Swim Team 5:15-7:15 am (All Lanes)	Lap/Shared (A) 8:00 am-12:00 pm
	Open Swim (C) 9:45-11:00 am (Shallow pool only)	Open Swim (C) 9:45-11:00 am (Shallow pool only)	Open Swim (C) 9:45-11:00 am (Shallow pool only)	Open Swim (C) 9:45-11:00 am (Shallow pool only)	Open Swim (C) 9:45-11:00 am (Shallow pool only)	
	Open Swim (C) 1:00-3:50 pm	Open Swim (C) 1:00-3:50 pm	Open Swim (C) 12:00-3:50 pm	Open Swim (C) 1:00-3:50 pm		
	HS Swim Team 3:50-5:45 pm	HS Swim Team 3:50-5:45 pm	HS Swim Team 3:50-5:45	HS Swim Team 3:50-5:45		
Swim Lessons 3:30-5:30	Aquajets 5:45-6:45	Aquajets 5:45-6:45	Aquajets 5:45-6:45	Aquajets 5:45-6:45	Open Swim (C) 12:00-7:00 pm	
	Swim Lessons 5:30-6:45	Aquacise (A) 6:30-7:30 pm	Swim Lessons 5:30-6:45	Aquacise (A) 6:00-7:00 pm		Open Swim (C) 12:00-3:00 pm
	Lap/Shared (A) 6:00-8:00 pm	Lap/Shared (A) 6:00-8:00 pm	Lap/Shared (A) 6:00-8:00 pm	Lap/Shared (A) 6:00-8:00pm		
	Open Swim (C) 6:00-8:00 pm (Shallow pool only, Adult Supervision)	Open Swim (C) 6:00–8:00 pm (Shallow pool only, Adult Supervision)	Open Swim (C) 6:00–8:00 pm (Shallow pool only, Adult Supervision)	Open Swim (C) 6:00-8:00pm (Shallow pool only, Adult Supervision)		
YMCA POOL CLOSED	YMCA POOL CLOSED	YMCA POOL CLOSED	YMCA POOL CLOSED	YMCA POOL CLOSED	YMCA POOL CLOSED	YMCA POOL CLOSED