

## 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.

Tuesday, Jan. 31st-

NHS Swim Meet- Closed @ 2 P.M.

Sunday, Feb. 5th-

Aquajet Swim Meet- Closed all day (except for swim lessons)

**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 – 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

January 8th-February 25th  
NORFOLK FAMILY YMCA



