

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 6-8-

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.

Aquacise-

This time is reserved for anyone ages 18+ to participate in group exercise classes in the water.

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

Pool Closures

Tuesday, January 14th– Pool Closes at 2 PM for Swim Meet

Saturday, January 25th– Pool closed for AquaJet's Meet

Thursday, January 30th– Pool Closes at 2 PM for Swim Meet

Tuesday, February 4th– Pool Closes at 2 PM for Swim Meet

Schedule is subject to change without notice. Please Refer to our Monthly High Usage schedule for additional details.

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

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIMMING POOL SCHEDULE

January 5th–March 1st
NORFOLK FAMILY YMCA



Pool Schedule Jan. 5th-Mar. 1st

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Open Swim (C) 11:00-3:00 pm</p>	<p>HS Swim Practice 5:15-7:00 am (3 Lanes)</p> <p>Lap/Shared (A) 5:00 am-1:00 pm</p> <p>Aquacise (A) 5:15-6:00 am 7:00-7:45 am 7:45-8:45 am</p> <p>Open Swim (C) 9:45-1:00 pm (Shallow pool only, Adult Supervision)</p>	<p>Lap/Shared (A) 5:00 am-1:00 pm</p> <p>Aquacise (A) 5:15-6:00 am 7:00-8:00 am 7:45-8:45 am</p> <p>Open Swim (C) 9:45-1:00 pm (Shallow pool only, Adult Supervision)</p>	<p>HS Swim Practice 5:15-7:00 am (3 Lanes)</p> <p>Lap/Shared (A) 5:00 am-1:00 pm</p> <p>Aquacise (A) 5:15-6:00 am 7:00-7:45 am 7:45-8:45 am</p> <p>Open Swim (C) 9:45-1:00 pm (Shallow pool only, Adult Supervision)</p>	<p>Lap/Shared (A) 5:00 am-1:00 pm</p> <p>Aquacise (A) 5:15-6:00 am 7:00-8:00 am 7:45-8:45 am</p> <p>Open Swim (C) 9:45-1:00 pm (Shallow pool only, Adult Supervision)</p>	<p>HS Swim Practice 5:15-7:00 am (All Lanes)</p> <p>Lap/Shared (A) 7:00-1:00 pm</p> <p>Aquacise (A) 5:15-6:00 am 8:00-9:00 am</p> <p>Open Swim (C) 9:45-12:00 pm (Shallow pool only, Adult Supervision)</p>	<p>Lap/Shared (A) 9:00 am-12:00 pm</p> <p>Aquacise (A) 9:15-10:15 am</p>
<p>Swim Lessons (NA) 3:30-5:30 pm</p>	<p>Open Swim (C) 1:00-3:50 pm</p> <p>HS Swim Practice 3:50-5:45 pm</p> <p>Aquajets Practice 5:45-6:45 pm (3-4 Lanes)</p> <p>Swim Lessons (NA) 5:30-6:45 pm</p> <p>Aquacise (A) 6:45-7:45 pm</p> <p>HS Diving Practice 6:45-8:00 pm</p> <p>Lap/Shared (A) 6:45-8:00 pm (1 Lane only)</p> <p>Open Swim (C) 6:45-8:00 pm (Shallow pool only, Adult Supervision)</p>	<p>Open Swim (C) 1:00-3:50 pm</p> <p>HS Swim Practice 3:50-5:45 pm</p> <p>Aquajets Practice 5:45-6:45 pm (3-4 Lanes)</p> <p>Lap/Shared (A) 5:45-8:00 pm (1 Lane only from 6:45-8:00)</p> <p>Aquacise (A) 6:45-7:45 pm</p> <p>HS Diving Practice 6:45-8:00 pm</p> <p>Open Swim (C) 6:00-8:00 pm (Shallow pool only, Adult Supervision)</p>	<p>Open Swim (C) 1:00-3:50 pm</p> <p>HS Swim Practice 3:50-5:45 pm</p> <p>Aquajets Practice 5:45-6:45 pm (3-4 Lanes)</p> <p>Swim Lessons (NA) 5:30-6:45 pm</p> <p>Aquacise (A) 6:45-7:45 pm</p> <p>HS Diving Practice 6:45-8:00 pm</p> <p>Lap/Shared (A) 6:45-8:00 pm (1 Lane only)</p> <p>Open Swim (C) 6:45-8:00 pm (Shallow pool only, Adult Supervision)</p>	<p>Open Swim (C) 1:00-3:50 pm</p> <p>HS Swim Practice 3:50-5:45 pm</p> <p>Aquajets Practice 5:45-6:45 pm (3-4 Lanes)</p> <p>Lap/Shared (A) 5:45-8:00 pm (1 Lane only from 6:45-8:00)</p> <p>Aquacise (A) 6:45-7:45 pm</p> <p>HS Diving Practice 6:45-8:00 pm</p> <p>Open Swim (C) 6:00-8:00 pm (Shallow pool only, Adult Supervision)</p>	<p>Open Swim (C) 12:00-7:00 pm</p> <p>HS Diving Practice 3:45-5:30 pm</p> <p>Special Olympics Swim Team 5:30-6:30 pm (3 Lanes)</p>	<p>Open Swim (C) 12:00-5:00 pm</p>