

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, December 24th– Pool closes at 3 PM for Christmas Eve

Wednesday, December 25th– Pool Closed all day for Christmas

Wednesday, January 1st– Pool closed all Day for New Year's Day

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

For any questions with the schedule, please see our Welcome Center or ask our



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIMMING POOL SCHEDULE

December 22nd–December 28th
NORFOLK FAMILY YMCA



Pool Schedule Dec. 22nd-Dec. 28th

*(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 am-1:00 pm Aquacise (A) 5:15-6:00 am 7:00-7:45 am 7:45-8:45 am	Lap/Shared (A) 5:00 am-1:00 pm Aquacise (A) 5:15-6:00 am 7:00-8:00 am 7:45-8:45 am	YMCA CLOSED Merry Christmas YMCA CLOSED Merry Christmas	Lap/Shared (A) 5:00 am-1:00 pm Aquacise (A) 5:15-6:00 am 7:00-8:00 am 7:45-8:45 am	Lap/Shared (A) 5:00 am-9:15 am Aquacise (A) 5:15-6:00 am 8:00-9:00 am HS Dive Practice 7:15-9:15 am HS Swim Practice 9:15-11:15 am	HS Dive Team 9:00-10:45 am Lap/Shared (A) 9:00 am-12:00 pm Aquacise (A) 9:15-10:15 am	
	Open Swim (C) 1:00-6:00 pm Kid's Club Swim 1:00-3:00 pm	Open Swim (C) 1:00-3:00 pm Pool Closes at 3 PM for Christmas Eve	YMCA CLOSED Merry Christmas	Open Swim (C) 1:00-6:00 pm Kid's Club Swim 1:00-3:00 pm		Open Swim (C) 12:00-7:00 pm Kid's Club Swim 1:00-3:00 pm	
	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)			YMCA CLOSED Merry Christmas YMCA CLOSED Merry Christmas	Lap/Shared (A) 6:00-8:00 pm Aquacise (A) 6:45-7:45 pm Open Swim (C) 6:00-8:00 pm (Shallow pool only, Adult Supervision)	Special Olympics Swim Team 5:30-6:30 pm (3 Lanes)	Open Swim (C) 12:00-5:00 pm