

# Olympic Pool Lap Schedule: April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am-9:30am 25 yard (min. 6 lanes)	5am-4pm 25 yard (min. 10 lanes)	5am-7am 50 meter (min. 4 lanes)	5am-4pm 25 yard (min. 10 lanes)	5am-9:30am 25 yard (min. 6 lanes)		
		7am-10:45am 50 meter (min. 6 lanes)			7am-8am 25 yard (min. 10 lanes)	7am-4:30pm 25 yard (min. 10 lanes)
9:30am-4pm 25 yard (min. 10 lanes)		10:45am-11:30am No Lanes		9:30am-4:00pm 25 yard (min. 8 lanes)	8am-11am 25 yard (min. 4 lanes)	
		11:30am-4pm 25 yard (min. 10 lanes)			11am-4:30pm 25 yard (min. 10 lanes)	
4pm-6:45pm No Lanes	4pm-6:15pm No Lanes	4pm-6:45pm No Lanes	4pm-6:15pm No Lanes	4pm-6:15pm No Lanes		
6:45pm-8:30pm 25 yard (min. 4 lanes, @ 7:30pm 7 lanes)	6:15pm-8:30pm 25 yard (min. 2 lanes, @ 7:30pm 8 lanes)	6:45pm-8:30pm 25 yard (min. 4 lanes, @ 7:30pm 7 lanes)	6:15pm-8:30pm 25 yard (min. 2 lanes, @ 7:30pm 8 lanes)	6:15pm-8:30pm 25 yard (min. 7 lanes)		

Green = 3 or more 50m lanes (OR 7 or more lanes)
Blue = 2-6 lanes available
Purple = No lanes available

## Lap Swimming Tips:

- One lane in Olympic pool can safely and comfortably accommodate 6-8 swimmers.
- Three (3) or more swimmers in one lane must circle swim.
- Always enter the pool feet first, no diving.

Olympic Pool is held with a temperature between 79°F and 82°F.

## Exceptions:

- Mon., April 15 & Wed., April 17 there will be minimum six (6) lanes available 4pm-6:45pm
- Tues., April 16, Thurs., April 18, Fri., April 19 there will be minimum six (6) lanes available 4pm-6:15pm
- Saturday, April 27 reduced lanes 12pm-4:30pm min. 6 lanes



**YMCA OF GREENWICH**  
50 East Putnam Ave • greenwichymca.org



## Alumni Pool Open & Family Swim Schedule: April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am - 8am Open & Family Swim	7am - 8am Open & Family Swim	7am - 11am Open & Family Swim	7am - 8am Open & Family Swim	7am - 11am Open & Family Swim	7am - 9am Open & Family Swim	
9am - 11am Open & Family Swim			9:30am - 11am Open & Family Swim			
					2:30pm - 4:00pm Open & Family Swim	2:30pm - 4:00pm Open & Family Swim
6:30pm - 7:30pm Open & Family Swim	6:30pm - 7:30pm Open & Family Swim		6:30pm - 7:30pm Open & Family Swim			

### Family Swim Supervision Requirements

Alumni Pool is held with a temperature between 86°F and 88°F.

- Children that can't stand with their mid-chest, head, and chin out of the water, must always be within arm's length of an actively involved adult caregiver who is in the water with the child; or be wearing a properly fitted United States Coast Guard (USCG) approved personal flotation device (PFD)
- During Family Swim times, children 8 years of age and under must have a designated guardian (over the age of 18) supervising them in the pool area.
- Children ages 9-12 may be in the pool area without an on-deck supervising adult, but a supervising adult MUST remain in the pool-viewing area and easily accessible in the event of emergencies.

### Open Swim

- There will be one (1) designated lane for lap swimming
- One lane in Alumni pool can safely and comfortably accommodate 6-8 swimmers.
- Three (3) or more swimmers in one lane must circle swim.
- Always enter the pool feet first, no diving.