

# Olympic Pool Lap Schedule: June 1-June 23

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-8am 25 yard (min. 10 lanes)	7am-4:30pm 25 yard (min. 10 lanes)
		7am-10:45am 50 meter (min. 6 lanes)				
9:30am-4pm 25 yard (min. 10 lanes)		10:45am-11:30am No Lanes		9:30am-4pm 25 yard (min. 8 lanes)		
4pm-6:45pm No Lanes	4pm-6:15pm No Lanes	11:30am-4pm 25 yard (min. 10 lanes)	4pm-6:15pm No Lanes		4pm-6:15pm No Lanes	11am-4:30pm 25 yard (min. 10 lanes)
		4pm-6:45pm 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. 4 lanes)	6:45pm-8:30pm 25 yard (min. 4 lanes, @ 7:30pm 7 lanes)	6:15pm-8:30pm 25 yard (min. 4 lanes, @ 7:30pm 10 lanes)		6:15pm-8:30pm 25 yard (min. 7 lanes)	

## 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.

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

## Exceptions:

Friday, June 7 No member 12:30pm-close

Saturday and Sunday, June 8-9 No member swim

Beginning June 19, 4 lanes will be available from 5am-8am Monday-Friday, NO Lanes available from 9:30-10:30am M, Tu, Th, F, NO Lanes available from 10:30-11:30am Wed.



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

## Alumni Pool Open & Family Swim Schedule: June 1-June 23

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am - 8am Open & Family Swim	7am - 8am Open & Family Swim	7am - 3pm Open & Family Swim	7am - 8am Open & Family Swim	7am - 2pm Open & Family Swim	7am - 9am Open & Family Swim	7am - 9am Open & Family Swim
9am - 3pm Open & Family Swim	9am - 3pm Open & Family Swim		10am - 3pm Open & Family Swim		2:30pm - 4pm Open & Family Swim	2:30pm - 4pm 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.