

# Olympic Pool Lap Schedule: July 2024

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

Closed on July 4

On July 6, 4 lanes are available from 8am-11am



**YMCA OF GREENWICH**  
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## Alumni Pool Open & Family Swim Schedule: July 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am - 8am Open & Family Swim	7am - 8am Open & Family Swim	7am - 11:30am Open & Family Swim	7am - 8am Open & Family Swim	7am - 11:30am Open & Family Swim	7am - 9am Open & Family Swim	7am - 4pm Open & Family Swim
9am - 11:30am Open & Family Swim	9am - 11:30am Open & Family Swim		9am - 11:30am Open & Family Swim		12:30pm - 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	6:30pm - 7:30pm Open & Family Swim	4:00pm - 5:30pm 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.