

Olympic Pool Lap Schedule: January 2025

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|--------------------------------------|-------------------------------------|
| 5am-9:30am 25 y (6 lanes) | 5am-4pm 25 yards (10 lanes) | 5am-8am 50 meters (4 lanes) | 5am-4pm 25 yards (10 lanes) | 5am-4pm 25 yards (6 lanes) | | |
| 9:30am-4pm 25 yards (10 lanes) | | 8am-8:30am (no lanes) | | | 7am-12:30pm 25 yards (6 lanes) | 7am-4:30pm 25 yards (8 lanes) |
| | 8:30am-4pm 25 yards (8 lanes) | 4pm-6:45pm No Lanes | 4pm-6:30pm No Lanes | 4pm-6:45pm No Lanes | | |
| 4pm-6:45pm No Lanes | 4pm-6:30pm No Lanes | 4pm-6:45pm No Lanes | 4pm-6:30pm No Lanes | 4pm-6:30pm No Lanes | | |
| 6:45pm-8:30pm 25 yards (2 lane) | 6:30pm-8:30pm 25 yards (1 lane) | 6:45pm-8:30pm 25 yards (2 lanes) | 6:30pm-8:30pm 25 yards (2 lanes) | 6:30pm-8:30pm 25 yards (2 lanes) | | |

1/11/25: Flick and Float, Olympic Pool closes at 4pm.
1/17-1/19: Marlins swim meet, Olympic Pool closed.

Lap Swimming Tips:

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



YMCA OF GREENWICH
 50 East Putnam Ave • greenwichymca.org

Alumni Pool Open & Family Swim Schedule: January 2025

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|---------------------------------------|---------------------------------------|------------------------------------|-------------------------------------|------------------------------------|---------------------------------------|---------------------------------------|---------------------------------|
| 7am - 8am Open & Family Swim | 7am - 8am Open & Family Swim | 7am - 3:30pm Open & Family Swim | 7am - 8am Open & Family Swim | 7am - 3:45pm Open & Family Swim | 7am - 9am Open & Family Swim | 7am - 9am Open & Family Swim | |
| | | | 10am - 1:30pm Open & Family Swim | | | | |
| 9am - 3:30pm Open & Family Swim | | | 2:30pm-3:30pm Open & Family Swim | | | 2pm - 4pm Open & Family Swim | 2pm - 4pm Open & Family Swim |
| | 2:30pm-3:30pm Open & Family Swim | | | | | | |
| 6:30pm - 7:30pm Open & Family Swim | 6:30pm - 7:30pm Open & Family Swim | | | | 6:30pm - 7:30pm Open & Family Swim | 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. Always enter the pool feet first, no diving
- One lane in Alumni pool can safely and comfortably accommodate 6-8 swimmers.
- Three (3) or more swimmers in one lane must circle swim.