

ALUMNI POOL OPEN & FAMILY SWIM SCHEDULE: JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am - 8am Open & Family Swim	7am - 8am Open & Family Swim	7am - 8am Open & Family Swim	7am - 8am Open & Family Swim		7am - 9am Open & Family Swim	7am - 9am Open & Family Swim
9am - 3:30pm Open & Family Swim		9am - 3:30pm Open & Family Swim	11am - 1:30pm Open & Family Swim	7am- 3:30pm Open & Family Swim		
	2:30pm-3:30pm Open & Family Swim		2:30pm-3:30pm Open & Family Swim		2pm - 5:30pm Open & Family Swim	2pm - 4:30pm Open & Family Swim
6:30pm - 8:30pm Open & Family Swim	*6:30pm - 8:30pm Open & Family Swim	6:30pm - 8:30pm Open & Family Swim	*6:30pm - 8:30pm Open & Family Swim	6:30pm - 8:30pm Open & Family Swim		

Family Swim Supervision Requirements

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

- ON THURSDAY, JANUARY 1 THE POOL CLOSES AT 1:30PM
- ON TUESDAY, JANUARY 20 AND THURSDAY JANUARY 22 THE POOL CLOSES AT 7:00PM
- 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

OLYMPIC POOL SCHEDULE: JANUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am-7am 25 yards (10 lanes)	5am-8am 25 yards (9 lanes)	5am-7am 50 meters (4 lanes)	5am-8am 25 yards (9 lanes)	5am-6am 25 yards (10 lanes)		
7am-8:30am 25 yards (14 lanes)		7am-8am 50 meters (8 lanes)		6am-7am 25 yards (4 lanes)	6am-8am 25 yards (14 lanes)	
8:30am-12:30pm 25 yards (10 lanes)	8am-2pm 25 yards (14 lanes)	8am-8:45am (no lanes)	8am-2pm 25 yards (14 lanes)	7am-8:30am 25 yards (19 lanes)	8am-11am 25 yards (4 lanes)	7am-9am 25 yards (14 lanes)
12:30pm-3pm 25 yards (14 lanes)		12:30pm-3pm 25 yards (14 lanes)	2pm-3pm 25 yards (9 lanes)	12:30pm-2:15pm 25 yards (9 lanes)		
3pm-4pm 25 yards (12 lanes)	2pm-4pm 25 yards (10 lanes)	3pm-4pm 25 yards (5 lanes)	3pm-4pm 25 yards (4 lanes)	2:15pm-4pm 25 yards (14 lanes)	11am-11:30am 25 yards (5 lanes)	9am-4:30pm 25 yards (9 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)	11:30am-5:30pm 25 yards (14 lanes)	
6:45pm-8pm 25 yards (2 lanes)	6:15pm-7:30pm 25 yards (4 lanes)	6:45pm-8pm 25 yards (2 lanes)	6:15pm-7:30pm 25 yards (4 lanes)			
8pm-9:30pm 25 yards (9 lanes)	7:30pm-9:30pm 25 yards (5 lanes)	8pm-9:30pm 25 yards (9 lanes)	7:30pm-9:30pm 25 yards (9 lanes)	6:15pm-9:30pm 25 yards (9 lanes)		

Notes:

- 1/10: Olympic closes at 12pm.
- 1/11: 1-2pm - 4 lanes.
- 1/16 Olympic pool closes at noon for meet
- 1/19 Olympic pool re-opens at 5am.

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
- Pool schedules are subject to change



YMCA OF GREENWICH
50 East Putnam Ave • greenwichymca.org