

ALUMNI POOL OPEN & FAMILY SWIM SCHEDULE: JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7 am - 8am Open & Family Swim	7 am - 8am Open & Family Swim	7 am - 8am Open & Family Swim	7 am - 8am Open & Family Swim	7am- 3:30pm Open & Family Swim	7am - 9am Open & Family Swim	7 am - 9am Open & Family Swim	
9am - 3:30pm Open & Family Swim		9am - 3:30pm Open & Family Swim	11 am - 1:30pm 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)	8am-2pm 25 yards (14 lanes)	7am-8am 50 meters (8 lanes)	8am-2pm 25 yards (14 lanes)	6am-7am 25 yards (4 lanes)	6am-8am 25 yards (14 lanes)	7am-9am 25 yards (14 lanes)
8:30am-12:30pm 25 yards (10 lanes)		8am-8:45am (no lanes)		7am-8:30am 25 yards (19 lanes)	8am-11am 25 yards (4 lanes)	
		8:45am-12:30pm 25 yards (10 lanes)		8:30am-12:30pm 25 yards (10 lanes)		
12:30pm-3pm 25 yards (14 lanes)	2pm-4pm 25 yards (10 lanes)	12:30pm-3pm 25 yards (14 lanes)	2pm-3pm 25 yards (9 lanes)	12:30pm-2:15pm 25 yards (9 lanes)	11am-11:30am 25 yards (5 lanes)	9am-4:30pm 25 yards (9 lanes)
3pm-4pm 25 yards (12 lanes)		3pm-4pm 25 yards (5 lanes)	3pm-4pm 25 yards (4 lanes)	2:15pm-4pm 25 yards (14 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)	6:15pm-9:30pm 25 yards (9 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)			

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
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