

## OLYMPIC POOL SCHEDULE: JULY 1 - 26, 2026

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

**Notes:**

Drop goal sessions:  
 Monday: 10:30-12:30pm  
 Wednesday: 9-11am  
 Friday: 10:30-12:30pm

**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

# ALUMNI POOL OPEN & FAMILY SWIM SCHEDULE: JULY 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7am - 8am Open & Family Swim	7am - 9:30am Open & Family Swim	7am - 8am Open & Family Swim	7am - 8am Open & Family Swim	7am- 7:30pm Open & Family Swim	7am - 8:00am Open & Family Swim	7am - 8:30am Open & Family Swim	
9am - 7:30pm Open & Family Swim		9am - 1pm Open & Family Swim			3:30pm - 4:30pm Open & Family Swim	3:30pm - 4:30pm Open & Family Swim	
	6:00pm-7:30pm	6:00pm-7:30pm	6:00pm-7:30pm				

## Family Swim Supervision Requirements

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

•CLOSED JULY 4

•THE POOL WILL CLOSE AT 7PM on JUNE 8 AND JULY 15

•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