

OLYMPIC POOL SCHEDULE: JUNE 22 - 30, 2026

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

Notes:

June 26: Olympic Pool Closed 7AM - 10:30AM

The Olympic Pool will be configured for long course swimming Monday through Friday from 5:00 a.m. to 8:00 a.m. Please plan your swim accordingly and check the lane schedule for availability.

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: JUNE 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am - 8am Open & Family Swim	7am - 3:30pm Open & Family Swim	7am - 8am Open & Family Swim	7am - 8am Open & Family Swim	7am- 3:30pm Open & Family Swim	7am - 8:00am Open & Family Swim	7am - 9am Open & Family Swim
9am - 3:30pm Open & Family Swim		9am - 3:30pm Open & Family Swim	11:30am - 3:30pm Open & Family Swim		3:30pm - 4:30pm Open & Family Swim	3:30pm - 4:30pm Open & Family Swim
6:30pm-7:30pm	6:30pm-7:30pm	6:30pm-7:30pm	6:30pm-7:30pm	6:30pm-7:30pm		

Family Swim Supervision Requirements

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

•The Pool will close at 6:30pm on JUNE 3 and JUNE 10

•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.

•Pool schedules are subject to change

