

# Alumni Pool Open & Family Swim Schedule: March 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	
9am - 3:30pm Open & Family Swim	2:30pm-3:30pm Open & Family Swim		10am-1:30pm Open & Family Swim		2:30pm-3:30pm Open & Family Swim	2pm - 4pm Open & Family Swim	2pm - 4pm 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.

•Family Swim will be relocated to the Olympic pool on Saturday, March 15 & 29 from 3-4pm

- 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.

## Olympic Pool Lap Schedule: March 2025

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

**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**  
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