

## ALUMNI POOL OPEN & FAMILY SWIM SCHEDULE: MARCH 2026

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- 3:30pm 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	9am - 3:30pm Open & Family Swim	11:30am - 1:30pm Open & Family Swim		3:30pm - 5:30pm Open & Family Swim	3:30pm - 4:30pm Open & Family Swim
	2:30pm-3:30pm Open & Family Swim		2:30pm-3:30pm Open & Family Swim			
	6:30pm-8:30pm		6:30pm-8:30pm			

### Family Swim Supervision Requirements

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

•The Pool closes at 1pm on Sunday March 15, 22 and 29

- 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: MARCH 2026

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

**Notes:**

- 3/8: From 1-2pm, 3 Lanes available
- Dive Meet 3/27-29:
- 3/27: Olympic Pool will close at 12pm - end of day.
- 3/28: Olympic Pool will close from 6am-4pm.
- 3/29: Olympic Pool will close from 6am-2pm.

**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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