

OLYMPIC POOL SCHEDULE: MAY 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-6:00am (25 Yards) 15 Lanes	5:00am-6:00am (25 Yards) 15 Lanes	5:00am-8:00am (50 Meters) 4 Lanes	5:00am-6:00am (25 Yards) 15 Lanes	5:00am-7:00am (25 Yards) 10 Lanes	7:00am-8:00am (25 Yards) 15 Lanes	7:00am-4:30pm (25 Yards) 10 Lanes
6:00am-7:00am (25 Yards) 10 Lanes	6:00am-7:30am (25 Yards) 10 Lanes	8:00am-8:30am No Lanes	6:00am-7:30am (25 Yards) 10 Lanes	7:00am-8:30am (25 Yards) 15 Lanes	8:00am-10:00am (25 Yards) 6 Lanes	
7:00am-8:30am (25 Yards) 15 Lanes	7:30am-3:00pm (25 Yards) 15 Lanes	8:30am-9:30am (25 Yards) 10 Lanes	7:30am-3:00pm (25 Yards) 15 Lanes	8:30am-9:30am (25 Yards) 10 Lanes	10:00am-12:00pm (25 Yards) 10 Lanes	
8:30am-9:30am (25 Yards) 10 Lanes	3:00pm-4:00pm (25 Yards) 6 Lanes	9:30am-10:30am (25 Yards) 15 Lanes	3:00pm-4:00pm (25 Yards) 10 Lanes	9:30am-4:00pm (25 Yards) 10 Lanes	12:00pm-4:30pm (25 Yards) 10 Lanes	
9:30am-11:30am (25 Yards) 15 Lanes	4:00pm-6:30pm No Lanes	10:30am-12:30pm (25 Yards) 10 Lanes	4:00pm-6:30pm No Lanes	4:00pm-5:00pm No Lanes		
11:30am-12:30pm (25 Yards) 10 Lanes	6:30pm-7:30pm (25 Yards) 2 Lanes	12:30am-3:00pm (25 Yards) 15 Lanes	6:30pm-7:30pm (25 Yards) 2 Lanes	5:00pm-6:00pm (25 Yards) 2 Lanes		
12:30am-3:00pm (25 Yards) 15 Lanes	7:30pm-8:30pm (25 Yards) 6 Lanes	3:00pm-4:00pm (25 Yards) 10 Lanes	7:30pm-8:30pm (25 Yards) 10 Lanes	6:00pm-8:30pm (25 Yards) 6 Lanes		
3:00pm-4:00pm (25 Yards) 10 Lanes		4:00pm-6:45pm No Lanes				
4:00pm-6:45pm No Lanes		6:45pm-8:30pm (25 Yards) 2 Lanes				
6:45pm-8:30pm (25 Yards) 2 Lanes						

NOTE: Olympic Pool will be closed to members Fri, May 16, 12PM - Sun, May 18 for a Marlins Swim Meet.

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
50 East Putnam Ave • greenwichymca.org

Alumni Pool Open & Family Swim Schedule: May 2025

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 - 3:45pm Open & Family Swim	7am - 9am Open & Family Swim	7am - 9am Open & Family Swim
9am - 3:30pm Open & Family Swim		9am - 3:30pm Open & Family Swim	10am-1:30pm Open & Family Swim			
	2:30pm-3:30pm 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: SATURDAY, MAY 3, 2:30-4pm
- THE POOL CLOSES AT 3:45PM ON FRIDAY MAY, 9
- THE YMCA IS CLOSED ON MONDAY, MAY 26
- ON TUESDAYS & THURSDAYS BEGINNING MAY 20 OPEN & FAMILY SWIM IS AVAILABLE FROM 7AM-3:30PM

- 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