

# OLYMPIC POOL SCHEDULE: SEPTEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5am-12:30pm 25 yards (14 lanes)	5am-12:30pm 25 yards (14 lanes)	5am-8am 50 meters (6 lanes)	5am-12:30pm 25 yards (14 lanes)	5am-11:30am 25 yards (9 lanes)			
		8am-8:45am (no lanes)		11:30am-12:30pm 25 yards (7 lanes)			7am-8am 25 yards (9 lanes)
12:30pm-4pm 25 yards (9 lanes)	12:30pm-3:30PM 25 yards (9 lanes)	8:45am-10:15am 25 yards (14 lanes)	12:30pm-3:30PM 25 yards (9 lanes)	12:30pm-4pm 25 yards (12 lanes)	8am-11am 25 yards (4 lanes)	7am-4:30pm 25 yards (9 lanes)	
4pm-6:45pm (no lanes)	3:30pm-4pm 25 yards (4 lanes)	10:15am-12:30pm 25 yards (9 lanes)	3:30pm-4pm 25 yards (4 lanes)	4pm-5:15pm (no lanes)	11am-11:30am 25 yards (5 lanes)		
6:45pm-8pm 25 yards (2 lanes)		12:30pm-4pm 25 yards (14 lanes)		5:15pm-6:15pm 25 yards (3 lanes)			
	4pm-6:15pm (no lanes)	4pm-6:45pm (no lanes)	4pm-6:15pm (no lanes)		11:30am-4:30pm 25 yards (9 lanes)		
8pm-8:30pm 25 yards (4 lanes)	6:15pm-7:30pm 25 yards (4 lanes)	6:45pm-8pm 25 yards (2 lanes)	6:15pm-7:30pm 25 yards (4 lanes)	6:15pm-8:30pm 25 yards (9 lanes)			
	7:30pm-8:30pm 25 yards (5 lanes)	8pm-8:30pm 25 yards (4 lanes)	7:30pm-8:30pm 25 yards (9 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
- Pool schedules are subject to change



**YMCA OF GREENWICH**  
50 East Putnam Ave • greenwichymca.org

## Alumni Pool Open & Family Swim Schedule: September

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	*9am - 3:30pm Open & Family Swim	9am - 3:30pm Open & Family Swim	11am - 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	6:30pm - 7:30pm Open & Family Swim		

### Family Swim Supervision Requirements

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

#### •CLOSED SEPTEMBER 1

#### •ON TUESDAY, SEPTEMBER 30 THE POOL WILL AT 1:30PM

- 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