

ALUMNI POOL OPEN & FAMILY SWIM SCHEDULE: SEPTEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am - 8:00am Open & Family Swim	7:00am - 8:00am Open & Family Swim	7:00am - 8:00am Open & Family Swim	7:00am - 8:00am Open & Family Swim	7am- 4:00pm Open & Family Swim	7:00am - 8:00am Open & Family Swim	7:00am - 8:30am Open & Family Swim
9:00am - 4:00pm Open & Family Swim	9:00am - 3:30pm Open & Family Swim	9:00am - 3:30pm Open & Family Swim	10:00am - 3:30pm Open & Family Swim			
						2:30pm - 4:00pm Open & Family Swim
	6:00pm-7:30pm		6:00pm-7:30pm	6:00pm-7:30pm		

Family Swim Supervision Requirements

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

- ON SEPTEMBER 7, OUR FACILITY IS CLOSED FOR LABOR DAY
- ON SEPTEMBER 9 AND 15 THE POOL WILL CLOSE AT 7PM
- ON MONDAY, SEPTEMBER 21 THE POOL WILL BE CLOSED FROM 10-11AM
- 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 c in the water with the child; or be wearing a properly fitted United States Coast Guard (USCG) approved personal flotation device (PF
- 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
- 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.
- Pool schedules are subject to change

OLYMPIC POOL SCHEDULE: SEPTEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am-7am 25 yards (6 lanes)	5am-3:30pm 25 yards (9 lanes)	5am-7am 50 meters (5 lanes)	5am-3:30pm 25 yards (9 lanes)	5am-7am 25 yards (6 lanes)		
7am-8:30am 25 yards (9 lanes)		7am-8am 50 meters (8 lanes)		7am-8:30am 25 yards (9 lanes)	6am-8am 25 yards (9 lanes)	7am-4:30pm 25 yards (9 lanes)
8:30am-9:30am 25 yards (6 lanes)		8am-8:45am (no lanes)		8:30am-11:15am 25 yards (6 lanes)		
9:30am-4:15pm 25 yards (9 lanes)	3:30pm-4:15pm 25 yards (4 lanes)	8:45am-9:45am 25 yards (6 lanes)	3:30pm-4:15pm 25 yards (4 lanes)	11:15am-4pm 25 yards (9 lanes)	8am-10am (no lanes)	
		9:45am-4:15pm 25 yards (9 lanes)			10am-11am 25 yards (2 lanes)	
4:15pm-6:45pm (no lanes)	4:15pm-6:15pm (no lanes)	4:15pm-6:45pm (no lanes)	4:15pm-6:15pm (no lanes)	4pm-5pm (no lanes)	11am-11:20am 25 yards (6 lanes)	
6:45pm-7:30pm 25 yards (4 lanes)	6:15pm-7:30pm 25 yards (4 lanes)	6:45pm-7:30pm 25 yards (4 lanes)	6:15pm-7:30pm 25 yards (4 lanes)	5pm-6pm 25 yards (4 lanes)	11:20am-4:30pm 25 yards (9 lanes)	
				6pm-7:15pm 25 yards (7 lanes)		
7:30pm-8:30pm 25 yards (9 lanes)	7:30pm-8:30pm 25 yards (5 lanes)	7:30pm-8:30pm 25 yards (9 lanes)	7:30pm-8:30pm 25 yards (9 lanes)	7:15pm-8:30pm 25 yards (9 lanes)		

Notes:

The YMCA is closed on Mon, Sep 7 for Labor Day.

Thank you for your continued support!

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