



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHINGTON COMMUNITY YMCA POOL SCHEDULE

EFFECTIVE STARTING SEPTEMBER 2, 2025 THRU SEPTEMBER 7, 2025

NOTE: POOL IS CLOSED ON MONDAY 9/1 FOR LABOR DAY – Y OPEN 7AM–2PM

No registration is needed to attend – Lane sharing is required.

DAY	ADULT LAP SWIM (AGE 15+ ONLY)	ADULT AQUATIC FITNESS CLASSES (2 DAYS PER WEEK SUGGESTED)
MONDAY September 1st	Closed for Labor Day	Closed for Labor Day
TUESDAY September 2nd	5:15–8AM 10AM –2:00PM	8:15–9AM: Shallow & Deep End 9:10–9:40AM Instructor Choice
WEDNESDAY September 3rd	5:15–9AM 11:15AM–2PM 6:30PM–8:30PM Open & Family	9:10–9:55AM: Shallow & Deep End 10:15–11AM: Shallow & Deep End
THURSDAY September 4th	7–8AM 10AM–2PM	8:15–9AM: Shallow & Deep End 9:10–9:40AM Instructor Choice RAYS tryouts at 5PM register at bglaude@sccymca.org
FRIDAY September 5th	5:15–9AM 10:15AM–2PM	8:30–9AM Water Walking Whole Pool (Pool is Shared with Lap Swim)
SATURDAY September 6th	No Pool Time Available Swim Lessons Begin Today	
SUNDAY September 7th	8AM–10AM Open & Family 10AM–1PM Adult Only 11:30AM–1PM Open & Family These times will end 9/14	RAYS Swim Team begins practice on Sunday, September 21st

If you are interested in becoming a lifeguard or teaching swim lessons, please contact Barbara Glaude at 860.426.9553 or BGlaude@SCCYMCA.org.

FAMILY SWIM: Families will have the shallow-end area. Family membership is required.

POOL RULES:

- Please note that Soap Showers are required by the State of Connecticut prior to swimming in the pool. It helps us maintain a clean facility.
- Lap lanes are not for individual swimmers and must be shared. Please circle swim in these lanes. Circle swimming requires a swimmer to always stay on the right side of the swim lane.
- There is no jumping or diving allowed in the pool.
- Do not hold your breath while swimming.
- Please note that Full Face Snorkeling Masks and/or Mermaid Tails are not permitted at the SCCYMCA.
- The lifeguard has full authority.
- Long hair must be tied back, or a swim cap must be worn.
- Please note that some programming may take place during our Lap Swim times. We appreciate your ability to share the pool with all members.
- Share lanes whenever possible. Always announce your presence before swimming in a swim lane with another participant.
- For your safety, you may be asked to perform a swim test.

POOL RULES DURING FAMILY SWIM:

- Children ten and under must be accompanied by a parent in the pool.
- Children requiring a Coast Guard Approved flotation device must be within arm's reach of an adult for safety. (Touch Supervision) Children must also remain in the pool's shallow end if they require a flotation device.

POOL CLOSURE:

If there is no school or a storm delay in Southington, there are no Aquatic Fitness Classes. When in doubt, call the Y before attending lap swim or classes during inclement weather.

Please note that the pool will close during thunder & lightning storms for your protection and will re-open 30 minutes after the last sound of thunder. Thank you for understanding.

CONTACT: We appreciate your patronage to the Southington-Cheshire Community YMCAs. Please contact our Aquatics Director, Barbara Glaude, with any comments, concerns, or complaints via phone at 860.426.9553 or by emailing BGlaude@SCCYMCA.org.