



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## SOUTHINGTON COMMUNITY YMCA POOL SCHEDULE

EFFECTIVE STARTING FEBRUARY 19TH, 2026

**ADDITIONAL OPEN TIMES WILL BE POSTED WEEKLY ON POOL DOOR AND MEMBERSHIP SERVICES DESK WHEN AVAILABLE- HOLIDAY SCHEDULES WILL BE POSTED**

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	5:15-9AM 11:15AM-2PM	9:10-9:55AM: Shallow & Deep End 10:15-11AM: Shallow & Deep End
TUESDAY	5:15-8AM 11:15AM -2PM	8:15-9AM: Shallow & Deep End 9:10-9:40AM Instructor Choice
WEDNESDAY	5:15-9AM 11:15AM-2PM 7:30PM-8:30PM Open & Family	9:10-9:55AM: Shallow & Deep End 10:15-11AM: Shallow & Deep End
THURSDAY	7-8AM 11:15AM-2PM	8:15-9AM: Shallow & Deep End 9:10-9:40AM Instructor Choice
FRIDAY	5:15-9AM 10:15AM-2PM 7:30-8:30PM Open & Family	8:30-9AM Water Walking Whole Pool (Pool is Shared with Lap Swim)
SATURDAY	No Pool time available Swim Lessons	
SUNDAY	9:45AM-1:30PM Adult lap 11:30-1:30PM Open & Family	

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