



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHINGTON COMMUNITY YMCA POOL SCHEDULE

EFFECTIVE FRIDAY AUGUST 28TH THRU SUNDAY SEPTEMBER 6TH

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 8/31 Pool is closed 8/24	5:15–9AM 11:15AM–2PM	9:10–9:55AM: Shallow & Deep End 10:15–11AM: Shallow & Deep End Mon Aug 31st only
TUESDAY 9/1 Pool is closed 8/25	5:15–8AM 11:15AM –2:00PM	8:15–9AM: Shallow & Deep End 9:10–9:40 Instructors Choice Tuesday Sept 1st only
WEDNESDAY 9/2 Pool is closed 8/26	5:15–9AM 11:15AM–2PM 7PM–8:30PM	9:10–9:55AM: Shallow & Deep End 10:15–11AM: Shallow & Deep End Wednesday Sept 2nd only
THURSDAY 9/3 Pool is closed 8/27	7–8AM 11:15AM–2PM 5:30–7:30PM	8:15–9AM: Shallow & Deep End 9:10–9:40AM Instructors Choice Thursday Sept 3rd only
FRIDAY 8/28 and 9/4	5:15–8:15AM 9:00AM–2PM 5PM–7:30PM (9/4 Only)	8:30–9AM Water Running Class resumes Aug 28th
SATURDAY 8/29 and 9/5	Pool closed Swim Lessons begin on Saturday's 9/12	
SUNDAY Pool is closed 8/30	8AM–1:30PM (9/6) Family Swim 11:30–1:30PM (9/6)	

This schedule is subject to change. We continue to work on hiring additional lifeguards to add more hours to the pool schedule. Thank you for your continued support!

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: Family Swim will be offered as shown on schedule with Lap Swimming. Families will have 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. No extended Breath Holding.
- 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 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. Adult must be in the pool at all times.

POOL CLOSURE: Pool closed on Monday Sept 7th for Labor Day

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.