FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHINGTON COMMUNITY YMCA POOL SCHEDULE

EFFECTIVE STARTING NOVEMBER 2, 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	OPEN & ADULT LAP SWIM (AGE 15+ ONLY)	FAMILY SWIM	ADULT AQUATIC FITNESS CLASSES (2 DAYS PER WEEK SUGGESTED)
MONDAY	5:15AM-9AM 11:05AM-2PM	No Time Available	9:10-9:55AM Shallow & Deep End 10:10-10:55AM Shallow & Deep End
TUESDAY	5:15AM-8AM 11:15AM -2PM	No Time Available	8:15-9AM Shallow & Deep End 9:10-9:40AM Instructor Choice
WEDNESDAY	5:15AM-9AM 11:05AM-2PM 7:30PM-8:30PM	7:30PM-8:30PM	9:10-9:55AM Shallow & Deep End 10:10-10:55AM Shallow & Deep End
THURSDAY	7AM-8AM 11:15AM-2PM 7:30PM-8:30PM	7:30PM-8:30PM	8:15-9AM Shallow & Deep End 9:10-9:40AM Instructor Choice
FRIDAY	5:15-9AM 10:15AM-2PM 7:30PM-8:30PM	7:30PM-8:30PM	8:30-9AM Water Walking (Pool is Shared with Lap Swim)
SATURDAY	No Pool Time Available Due to Swim Lessons	No Times Due to Swim Lessons	No Pool Time Available Due to Swim Lessons
SUNDAY	9:45AM-1:30PM	11:30-1:30PM	Please Note: Pool will be closed on Sunday, 1/10/2027 due to Home RAYS Swim Meet

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 Southington-Cheshire Community YMCAs.
- 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.

QUESTIONS OR COMMENTS, PLEASE CONTACT:

Please contact our Aquatics Director, Barbara Glaude by calling 860.426.9553 or emailing BGlaude@SCCYMCA.org with any comments, concerns, or complaints.

We appreciate your patronage to the Southington-Cheshire Community YMCAs!