



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

SOUTHINGTON COMMUNITY YMCA POOL SCHEDULE

EFFECTIVE STARTING JANUARY 2ND 2022 THRU APRIL 3RD 2022

No registration required to attend- Lane sharing is required.

Day	Adult Open Lap Swim Age 16+	Adult Aquatic Fitness Classes 2 days per week suggested
Monday	5:15-6:00am 6:00am-7:00am 7:00-8:00am 8:00-9:00am 11:15-12:15pm 12:15-1:15pm 1:15-2:15pm	Shallow End 9:10-9:55AM Deep End 9:10-9:55AM Shallow End 10:15-11:00AM Deep End 10:15-11:00AM 12 people shallow/8 people Deep Max
Tuesday	5:15-6:00am 6:00-7:00am 7:00-8:00am 11:30am-12:30pm 12:30-1:30pm 1:30-2:15pm	Shallow End 8:15-9:00AM Deep End 8:15-9:00AM Shallow End 9:10-9:55AM Deep End 9:10-9:55AM 12 people shallow/8 people Deep Max
Wednesday	5:15-6:00am 6:00am-7:00am 7:00-8:00am 8:00-9:00am 11:15-12:15pm 12:15-1:15pm 1:15-2:15pm	Shallow End 9:10-9:55AM Deep End 9:10-9:55AM Shallow End 10:15-11:00AM Deep End 10:15-11:00AM 12 people shallow/8 people Deep Max
Thursday	5:15-6:00am 6:00-7:00am 7:00-8:00am 11:30am-12:30pm 12:30-1:30pm 1:30-2:15pm	Shallow End 8:15-9:00AM Deep End 8:15-9:00AM Shallow End 9:10-9:55AM Deep End 9:10-9:55AM 12 people shallow/8 people Deep Max
Friday	5:15-6:00am 6:00am-7:00am 7:00-8:00am 8:00-9:00am 10:20-11:15am 11:15-12:15pm 12:15-1:15pm 1:15-2:15pm	
Saturday	2:15-3:15pm	
Sunday	12:00-1:00pm	

Pool schedule is subject to change.

Any questions please call Barbara Glaude at 860-426-9553.

FAMILY SWIM: At this time we are offering a 45-minute family swim by reservation only. Please contact Barbara (bglaude@sccymca.org) if you are interested. Dates have not been finalized at this time. Families will have a single lane for your family (From same household) Family membership is required. Current schedule 1/7, 2/6 and 2/26. Additional dates may be added as swim meet schedules are finalized.

POOL RULES:

- Children ten and under must be accompanied by a parent in the pool.
- Children requiring a flotation device must be within an arm's reach of an adult for safety. (Touch Supervision) Children must also remain in the shallow end of the pool if they require a flotation device.
- 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.
- Please be reminded that lap lanes are not for individual swimmers and must be shared. Please circle swim in these lanes. Circle swimming requires a swimmer to stay to the right side of the lane at all times.
- There is no jumping or diving allowed in the pool.
- Please do not hold your breath while swimming.
- The lifeguard has full authority.
- Long hair must be tied back or a swim cap must be worn.
- Please note that during our Open Swim times some programming may take place. We appreciate your ability to share the pool with all members.
- Please share lanes whenever possible. Always announce your presence before swimming in a lane with another participant.
- For your safety, you may be asked to perform a swim test.

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

Please note that the pool is not open during thunder and lightning storms for your protection. The pool will be open 30 minutes after the last sound of thunder. Thank you for understanding.

We appreciate your patronage to the Southington Community YMCA. Please see Barbara Glaude, Aquatic Director with any comments, concerns or complaints. I want to hear from you. (860)426-9553 or bglaude@sccymca.org