



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

SOUTHINGTON COMMUNITY YMCA POOL SCHEDULE

JULY 15 - AUGUST 5, 2022 REVISED *NEW AVAILABLE TIMES*

Day	Adult/Lap Swim Age 15+ Only Lane Sharing Required.	Adult Aquatic Fitness Classes 2 days per week suggested. No registration required.	Family Swim Time See below for Family Swim Notes.
Monday	5:15-9AM 11:15AM-2PM	9:10-9:55AM Shallow End & Deep End 10:15-11:00AM Shallow End & Deep End	
Tuesday	5:15-8AM 11:30AM-2PM	8:15-9:00AM Shallow End & Deep End	
Wednesday	5:15-9AM 11:15AM-2PM 7:30-8:30PM	9:10-9:55AM Shallow End & Deep End 10:15-11:00AM Shallow End & Deep End	
Thursday	5:15-8AM 11:30AM-2:00PM	Shallow End and Deep End 8:15-9:00AM	
Friday	5:15-9AM 11AM-5PM*		3:15-4PM JULY 15-AUG 5
Saturday	12-1:30PM*		
Sunday	10:45AM-1:30PM*		10-10:45AM* JULY 17, 24 and 31
Additional Sunday Hours JULY 17, 24 & 31	9-10AM*		

*** = New Available Swim Times**
Pool Schedule is subject change.
Please contact Barbara Glaude at bglaudef@sccymca.org with questions.



FAMILY SWIM NOTES

All swimmers must be members or guests of members. See below for additional rules for Family Swim.

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.
- 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 Lap 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.

POOL RULES DURING FAMILY SWIM

- Children 10 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, with adults providing "touch supervision."
- Children must remain in the shallow end of the pool if they require a flotation device. Flotation devices must be Coast Guard Approved.

ADDITIONAL POOL INFORMATION

- 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.
- Summer hours will begin the weekend of June 4
- Pool will be closing on August 6 for annual shut down. The pool will be re-opening on Tuesday, August 23.

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. Please call 860.426.9553 or email bglaude@sccymca.org