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**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

## SOUTHINGTON COMMUNITY YMCA POOL SCHEDULE

**AUGUST 23 – SEPT 4, 2022**

<b>Day</b>	<b>Adult/Lap Swim</b> Age 15+ Only Lane Sharing Required.	<b>Adult Aquatic Fitness Classes</b> Classes resume Sept 6th	<b>Family Swim Time</b> See below for Family Swim Notes.
<b>Monday</b>	5:15-10AM 11:15AM-2PM		
<b>Tuesday</b>	5:15-10AM 11:30AM-2PM		
<b>Wednesday</b>	5:15-10AM 11:15AM-2PM 6:30-8:30PM		
<b>Thursday</b>	5:15-10AM 11:30AM-2:00PM		
<b>Friday</b>	5:15-10AM 11AM-2PM 2-5PM Aug 26 only		3-5PM August 26 <sup>th</sup> only
<b>Saturday AUG 27</b>	8-1PM		10-12PM
<b>Saturday Sept 3</b>	8-10AM 12-1PM		12-1PM
<b>Sunday</b>	9-1PM		10-12PM

**Pool Schedule is subject change.**  
**Please contact Barbara Glaude at [bglaude@sccymca.org](mailto:bglaude@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.
- Fall pool hours will begin the week of September 5th
- Pool will be closed Monday September 5th

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](mailto:bglaude@sccymca.org)