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 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

SOUTHINGTON COMMUNITY YMCA POOL SCHEDULE

EFFECTIVE STARTING JANUARY 10, 2023

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	5:15-9AM 11:15AM-2PM	9:10-9:55AM: Shallow & Deep End 10:15-11AM: Shallow & Deep End
TUESDAY	5:15-8AM (Note: 5:30-6:45AM will be shared time with the RAYS SR. Team) 11:15AM -2:00PM	8:15-9AM: Shallow & Deep End 9:10-9:40AM: Instructor Choice 30-minute 360 Workout or Deep Water Run (Pool is Shared with Swim Lessons)
WEDNESDAY	5:15-9AM 11:15AM-2PM 7:30PM-8:30PM	9:10-9:55AM: Shallow & Deep End 10:15-11AM: Shallow & Deep End
THURSDAY	7-8AM 11:15AM-2PM	8:15-9AM: Shallow & Deep End 9:10-9:40AM: Instructor Choice 30-minute 360 Workout or Deep Water Run (Pool is Shared with Swim Lessons)
FRIDAY	5:15-9AM 10:45AM-2PM	
SATURDAY	No Available Times	
SUNDAY Family Swim will also be from 11:30-1PM on Sundays	11:30AM-1PM Note: The pool will be open from 9-1130AM for Adult Lap swim on 1/15 The pool will be open from 10-11:30AM on 1/22 ; 1/29 and 2/5	

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 on Sundays from 11:30-1PM with Lap Swimming. 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.
- 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.

POOL CLOSURE: There are no closures posted at this time.

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.

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.