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 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## SOUTHINGTON COMMUNITY YMCA POOL SCHEDULE

EFFECTIVE STARTING MAY 8TH, 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 time currently available	
SUNDAY Family Swim will also be at 1130-1PM on Sundays	1130AM-1PM Additional Lap time on May 28, June 4 <sup>th</sup> (10AM- 1PM)	

This schedule is subject to change. We continue to work on hiring additional lifeguards to add more hours to the pool schedule. If you would like to become a lifeguard please reach out to Barbara. 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](mailto:BGlaude@SCCYMCA.org).

**FAMILY SWIM:** Family Swim will be offered on Sundays from 11:30–1PM with Lap Swimming. Families will have 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:** Pool closed on Monday May 29<sup>th</sup> for Memorial Day!

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](mailto:BGlaude@SCCYMCA.org).