

REGIONAL YMCA OF WESTERN CONNECTICUT

GREENKNOLL BRANCH AQUATICS POOL SCHEDULE

April 26th through May 2nd 2010

25 Yard Lap Pool

You will find a complete list of rules on back. If you have any questions please call the Aquatic Office at (203)775-4444 ext. 133

MONDAY (4/26)	TUESDAY (4/27)	WEDNESDAY (4/28)	THURSDAY(4/29)	FRIDAY (4/30)	SATURDAY (5/1)	SUNDAY (5/2)
5:30-9:00AM 6 Lanes Adult Lap 9:00-10:00 Adult Lap 3 lanes	5:30-6:30AM 4 Lanes Adult Lap 6:30AM-9:00AM 6 Lanes Adult Lap	5:30-9:00AM 6 Lanes Adult Lap 9:00-10:00 Adult Lap 3 lanes	5:30-6:30AM 4 Lanes Adult Lap 6:30AM-9:00AM 6 Lanes Adult Lap	5:30-9:00AM 6 Lanes Adult Lap 9:00-10:00 Adult Lap 3 lanes	6:30-9:00 Adult Lap 3 lanes	7:00-11:00 Adult Lap 5 Lanes
10:00-1:00PM Member Lap and Classes 3 lanes each	9:00-11:15 Adult Lap 4 lanes 11:15-12:15pm Member Lap 3 lanes Silver Sneakers 3 lanes	10:00-1:00PM Member Lap and Classes 3 lanes each	9:00-11:15 Adult Lap 4 lanes 11:15-12:15pm Member Lap 3 lanes Silver Sneakers 3 lanes	10:00-1:00PM Member Lap and Classes 3 lanes each	9:00AM-12:45PM 4 lanes Lessons 2 lanes adult lap	11:00 to close Member Lap 2 lanes & Open Swim 3 lanes
1:00-3:00PM Member Lap 3 lanes Open Swim 2 lanes	12:15-3:00PM Member Lap 3 lanes Open Swim 2 lanes	1:00-3:00PM Member Lap 3 lanes Open Swim 2 lanes	11:15-12:15pm Member Lap 3 lanes Silver Sneakers 3 lanes	1:00-3:00pm Member Lap 3 lanes Open Swim 2 lanes	12:45 to close Member Lap 3 lanes & Open Swim 3 lanes	
3:00-5:30PM Swim Team 6 Lanes	3:00-5:30PM Swim Team 6 Lanes	3:00-5:30PM Swim Team 6 Lanes	3:00-5:30PM Open Swim 2 lanes	3:00-5:30PM Swim Team 6 Lanes		
5:30-6:30PM 3 Lanes Swim Team 3 Lanes Member Lap	3:00-5:30PM Swim Team 6 Lanes	5:30-6:30PM 3 Lanes Swim Team 3 Lanes Member Lap	3:00-5:30PM Swim Team 6 Lanes	5:30-6:30PM 3 Lanes Swim Team 3 Lanes Member Lap		
6:30PM - 9:00PM 3 Lanes Member Lap 2 Lanes Open Swim	5:30-6:30PM 3 Lanes Swim Team 2 Lanes Member Lap 1 Lane Open Swim	6:30-7:30PM 2 Lanes Lesson 2 Lanes Member Lap 2 Lanes Open Swim	5:30-6:30PM 3 Lanes Swim Team 2 Lanes Member Lap 1 Lane Open Swim	6:30PM - 9:00PM 3 Lanes Member Lap 2 Lanes Open Swim		
9:00 -10:00PM 6 Lanes Adult Lap	6:30-7:30PM 2 Lanes Member Lap Class and Power Hour Share 3 Lanes 1 Lane Open Swim	7:30PM-9:00PM 3 Lanes Member Lap 2 Lanes Open Swim	6:30-7:30PM 2 Lanes Member Lap Power Hour 2 Lanes 2 Lanes Open Swim	9:00 -10:00PM 6 Lanes Adult Lap		
	7:30PM-9:00PM 3 Lanes Member Lap 2 Lanes Open Swim	9:00 -10:00PM 6 Lanes adult lap	7:30PM-9:00PM 3 Lanes Member Lap 2 Lanes Open Swim			
	9:00 -10:00PM 6 Lanes adult lap		9:00 -10:00PM 6 Lanes adult lap			

**Youth Swim Lessons have lane Priority--3 OR MORE ADULTS IN A lane MUST CIRCLE SWIM
A COMPLETE SHOWER, INCLUDING HAIR MUST BE TAKEN BEFORE ENTERING
THE POOL...NO EXCEPTION!!!**

THERAPEUTIC POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2:00PM-7:00PM Classes&Adult Swim	10:00AM-12:00PM Classes&Adult Swim	2:00PM-6:00PM Open Swim	1:00PM-3:00PM Classes&Adult Swim	3:00PM-9:00PM Open Swim	12:45PM-3:45PM Open Swim	10:00AM-3:45PM Open Swim
7:00PM-9:00PM Open Swim	3:00pm-6:00pm Open Swim	6:00 - 7:00PM Classes&Adult Swim	3:00PM-6:00PM Open Swim		4:00PM-5:00PM Closed	4:00PM-5:00PM Closed
	6:30PM-7:30PM Open Swim	7:00PM-8:00PM Open Swim	6:00PM - 7:30PM Classes&Adult Swim		5:00PM to 8:00PM Open Swim	5:00PM - 7:30PM Open Swim
	7:30-8:30 Adult Only Swim	8:00PM-9:15PM WET CLASS	8:00-8:30 Adult Only Swim			

NO STREET SHOES OR STROLLERS ON THE POOL DECK

**Youth Swim Lessons have lane priority during Open Swim and Lap Times
ALL SWIMMERS MUST TAKE SHOWERS BEFORE ENTERING POOLS**

*ANY CHILD 7-10 YEARS OLD MUST HAVE A PARENT/GUARDIAN ON THE POOL DECK WITH THEM AT ALL TIMES.
ANY CHILD 6 YEARS OLD OR YOUNGER MUST BE WITHIN ARMS REACH OF A PARENT/GUARDIAN WHO IS IN THE WATER WITH THEM.*

**ALL NON SWIMMERS MUST HAVE A PARENT/GUARDIAN IN THE WATER WITH THEM AT ALL TIMES.
SWIM DIAPER COVERED BY PLASTIC PANT IS REQUIRED FOR ANY ONE IN NEED.**

A lifeguard must be on duty--please do not enter the water without a guard present.

Swimmers please note: Lifeguards have the authority to enforce pool rules. Swimmer to guard ratios, lap to open swim lane ratio etc. can all be changed at lifeguard's discretion.

Lifeguards have the authority to ask you to leave if you do not wish to follow the pool rules

THANK YOU FOR HELPING US MAINTAIN A FAIR & SAFE SWIMMING ENVIRONMENT

THANK YOU: FROM THE AQUATICS STAFF