

REGIONAL YMCA OF WESTERN CONNECTICUT

GREENKNOLL BRANCH AQUATICS POOL SCHEDULE

July 1st - August 24th

25 Yard Lap Pool						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30 Adult Lap 6:30-9:00 MEMBER LAP	5:30-6:30 Adult Lap 6:30-9:00 MEMBER LAP	5:30-6:30 Adult Lap 6:30-9:00 MEMBER LAP	5:30-6:30 Adult Lap 6:30-9:00 MEMBER LAP	5:30-6:30 Adult Lap 6:30-9:00 MEMBER LAP	6:30-10:00 ADULT LAP	7:00-11:00 ADULT LAP
<i>LESSONS HAVE LANE PRIORITY</i>	<i>LESSONS HAVE LANE PRIORITY</i>	<i>LESSONS HAVE LANE PRIORITY</i>	<i>LESSONS HAVE LANE PRIORITY</i>	<i>LESSONS HAVE LANE PRIORITY</i>	10:00-1:30 Youth Lessons Mako Swim Team	11:00-5:00pm Adult lap 2-3 Lanes & Open Swim 1/2 pool
9:00-10:00 ADULT LAP (3)	9:00-10:00 ADULT LAP (5)	9:00-10:00 ADULT LAP(3)	9:00-10:00 ADULT LAP (5)	9:00-10:00 ADULT LAP(3)		
10:00-11:30 MEMBER LAP 3 lanes only	10:00-11:00pm ADULT LAP(4)	10:00-11:30 MEMBER LAP 3 lanes only	10:00-11:00pm ADULT LAP(4)	10:00-11:30 MEMBER LAP 3 lanes only	1:30-7:00pm Adult Lap 2-3 Lanes & Open Swim 1/2 pool	11:00-5:00pm Adult lap 2-3 Lanes & Open Swim 1/2 pool
11:30-1:00 ADULT LAP (4)	11:00-1:00pm ADULT LAP (5) & Member Lap	11:30-1:00 ADULT LAP (4)	11:00-1:00pm ADULT LAP (5) & Member Lap	11:30-1:00 ADULT LAP (4)		
1:00-3:30pm ADULT/MEM LAP & Open Swim 2 Lanes Each	1:00-2:30pm ADULT/MEM LAP & Open Swim 2 Lanes Each	1:00-2:00pm Member Lap & Open Swim 2 Lanes Each	1:00-2:30pm ADULT/MEM LAP & Open Swim 2 Lanes Each	1:00-3:30pm ADULT/MEM LAP & Open Swim 2 Lanes Each	1:30-7:00pm Adult Lap 2-3 Lanes & Open Swim 1/2 pool	11:00-5:00pm Adult lap 2-3 Lanes & Open Swim 1/2 pool
Mako Swim Team 3:30-6:30pm	2:30-3:30 Mako 3 Lanes Lap Swim 2 Lanes Class 1 Lane Swim Yeam 3:30-6:30	MAKO TEAM 3:30-6:30pm	2:30-3:30 Mako 3 Lanes Lap Swim 2 Lanes Class 1 Lane Swim Team 3:30-6:30	Mako Swim Team 3:30-6:30pm		
6:30-7:00pm Adult Lap 2 Lanes Open Swim 2 Lanes	6:00-7:00pm Mako/Lessons & Adult Lap 2 Lanes Power Hour 2 Lanes	6:30-7:00pm Adult Lap 2 Lanes Open Swim 2 Lanes	6:00-7:00pm Mako/Lessons & Adult Lap 2 Lanes Power Hour 2 Lanes	6:30-7:00pm Adult Lap 2 Lanes Open Swim 2 Lanes	1:30-7:00pm Adult Lap 2-3 Lanes & Open Swim 1/2 pool	11:00-5:00pm Adult lap 2-3 Lanes & Open Swim 1/2 pool
7:00-8:30pm Lap Swim 3 Lanes Open Swim	7:00-9:00pm 3 Lanes Lap/Open	7:00-8:30pm Adult Lap & Open Swim (2 lanes each)	7:00-9:00pm 3 Lanes Lap/Open	7:00-9:00pm Lap Swim 3 Lanes Open Swim		
8:30-9:30PM Member &Lap Swim Swim	Dive class deep end 9:00-9:30pm Adult/Mem Lap	8:30-9:30pm Adult/Mem Lap	Dive class deep end 9:00-9:30pm Adult/Mem Lap	9:00-9:30pm Member & Lap Swim	1:30-7:00pm Adult Lap 2-3 Lanes & Open Swim 1/2 pool	11:00-5:00pm Adult lap 2-3 Lanes & Open Swim 1/2 pool
<p align="center">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!!!</p>						
THERAPEUTIC POOL SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3:00-4:00 Open Swim	3:00-4:00pm Open Swim	3:00-4:00 Open Swim	3:00-4:00pm Open Swim	3:00-4:00 Open Swim	1:45-3:45PM OPEN Swim	9:30-3:45pm Open Swim
4:00-5:00pm Youth Lessons	4:00-5:00pm Youth Lessons	4:00-5:00pm Youth Lessons	4:00-5:00pm Youth Lessons	4:00-6:30pm Youth Lessons		
5:00-6:00pm Open Swim	5:00-6:00pm Open Swim	5:00-6:00pm Open Swim	5:00-6:00pm Open Swim	6:30-7:30pm Open Swim	4:00-5:00 Pool Party ext 133	4:00-5:00pm Pool Party ext 133
7:00-7:30pm Adult Open Swim	6:00-7:30 Youth Lessons	7:15-7:45pm Adult Open Swim	6:00-7:45pm Lessons			
	7:30-8:00 Adult Open Swim	8:00-9:00pm WET CLASS	7:45-8:30pm Adult Group Lesson	7:30-8:00pm ADULT ONLY	5:15-7:00pm Open Swim	
<p align="center">NO STREET SHOES OR STROLLERS ON THE POOL DECK BROOKFIELD HS Boys SWIM TEAM PRACTICE WED. AFTERNOONS 2:15-3:30PM</p>						
<p align="center">Youth Swim Lessons have Lane priority during Open Swim and Lap Times ALL SWIMMERS MUST TAKE SHOWERS BEFORE ENTERING POOLS ANY CHILD 8 YEARS OLD OR YOUNGER MUST BE WITHIN ARMS REACH OF A PARENT WHO IS IN THE WATER WITH THEM OUR POOL SCHEDULE IS ALSO AVAILABLE ON OUR WEBSITE: www.regionallymca.org</p>						
<p align="center"><u>lifeguard must be on duty</u> lifeguard on duty has the right to enforce pool rules/ swimmer to guard ratio/decision of diving block Guards have the right to ask you to leave if you do not wish to follow the pool rules</p> <p align="center">SWIM DIAPER COVERED BY PLASTIC PANT IS REQUIRED FOR ANY ONE IN NEEL</p>						
<p align="center">THANK YOU FROM THE AQUATICS STAFF</p>						