



## REGIONAL YMCA POOL SCHEDULES

**\*\*\*Reservations Are Required\*\*\***

### MAIN POOL – Lap Swim\*

Effective 1/1/2020

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
6:00a-7:45p	6:00a-3:45p	6:00a-7:45p	6:00a- 3:45p	6:00a -11:45a		8:00-8:45a

\*MUST be able to swim unassisted and continuous laps, 13 years and over.

### MAIN POOL – Family Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00p- 5:45p		4:00p- 5:45p				

### YDAC OUTDOOR POOL – Lap Swim\*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-2:45pm	5:00am-2:45pm	5:00am-2:45pm	5:00am-2:45pm	5:00am-2:45pm	8:00am-4:45pm	6:00am-4:45pm
7:05pm-7:50pm	5:05pm-7:45pm	7:05pm-7:50pm	5:05pm-7:45pm	5:05pm-7:45pm		

\*MUST be able to swim unassisted and continuous laps, 13 years and over.

### YDAC OUTDOOR POOL – Family Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			5:05pm-7:45pm	5:05pm-7:45pm	12:00pm-4:45pm	11:00am-4:45pm

### THERAPY POOL\*\*\* – Family Swim/Adult Only Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9-9:45a 11-11:45a		9-9:45a 11-11:45a	10:00-11:45am	<b>9:00a-11:45a</b>	9:00a-11:45a	10:00a-11:45a
4p-6:45p		4p-6:45p				
<b>7p-7:45p</b>		<b>7p-7:45p</b>				

# \*\*\*\*\*RESERVATIONS ARE REQUIRED\*\*\*\*\*

## Family Swim Guidelines:

Please Arrive 10 minutes early. Masks must be worn when entering and exiting the building and where you cannot socially distance. Scan your card and check in at front desk. If you are running late - call the front desk.

1. Family Swim is reserved for members only. No guests/walk-ins at this time.
2. Reservations are required. Register here: [Facility Reservations](#)
3. Please limit your reservation to one family per slot/2-4 people per family.
4. Please limit your usage to **1 visit per day in any pool.**
5. Pool slots are 45 minutes long. Sorry, your reserved time cannot be extended.
6. Locker Rooms are open for changing out of wet suits.
7. Come showered and in your suit.
8. Promptly leave at the end of your time slot to allow ample time for others.

Kindly give 24 hours' notice for cancellations; please call 203-775-4444 x9.