

REGIONAL YMCA OF WESTERN CONNECTICUT

GREENKNOLL BRANCH AQUATICS POOL SCHEDULE

FALL 2005 SEPTEMBER 6TH TO NOVEMBER 6TH

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
CLASSES HAVE LANE PRIORITY	CLASSES HAVE LANE PRIORITY	CLASSES HAVE LANE PRIORITY	CLASSES HAVE LANE PRIORITY	CLASSES HAVE LANE PRIORITY		
9:00-10:00 ADULT LAP	9:00-10:30 ADULT LAP	9:00-10:30 ADULT LAP	9:00-10:30 ADULT LAP	9:00-10:00 ADULT LAP	10:00-1:00 YOUTH LESSONS	
10:00-12:00 MEMBER LAP	10:30-12:00 ADULT LAP	10:00-12:00 MEMBER LAP	10:30-12:00 ADULT LAP	10:00-12:00 MEMBER LAP	1:00-1:30 MEMBER LAP	11:00-7:00 MEMBER LAP
12:00-1:00 ADULT LAP	12:00-1:00 ADULT LAP	12:00-1:00 ADULT LAP	12:00-1:00 ADULT LAP	12:00-1:00 ADULT LAP	1:30-5:00 Open Swim 1/2 Pool	2-3 LANES
1:00-2:00 OPEN SWIM	1:00-2:00 OPEN SWIM	1:00-2:00 OPEN SWIM	1:00-2:00 OPEN SWIM	1:00-2:00 OPEN SWIM	diving board May be open Guards Decision	OPEN SWIM 2-3 LANES
2:00-3:30 ADULT LAP 2 Lanes only BHS	2:00-3:30 ADULT LAP	2:00-3:30 ADULT LAP 2 Lanes only BHS	2:00-3:30 ADULT LAP 2 Lanes only BHS	2:00-3:30 ADULT LAP 2 Lanes only	5:00-8:30 ADULT LAP 2-3 Lanes Open Swim 1/2 Pool	diving board May be open Guards Decision
MAKO	MAKO	MAKO	MAKO	MAKO		
6:30-8:30 ADULT LAP & OPEN	6:00-6:30 ADULT LAP/MAKO	6:30-7:00 ADULT LAP	6:00-6:30 ADULT LAP/MAKO	6:30-8:30 ADULT LAP & OPEN	diving board MAY BE OPEN May be open Guards Decision	7:00-8:00 Adult Lap
8:30-10:00 MEMBER LAP	Adult Lap (2) &Open 8:30-10:00 MEMBER LAP	Adult Lap (2) &Open 7:00-8:30 MEMBER LAP	Adult Lap (2) &Open 6:30-8:30 MEMBER LAP	8:30-10:00 MEMBER LAP	8:30-10:00 MEMBER LAP	
The Regional YMCA closes at 10:00 pm M-F	NO ADULT OVER THE AGE OF 18 IN THE WATER WITH THE			***** AT ALL TIMES.		
SHOES MUST BE LEFT IN THE LOCKER ROOM						NO DIVING IN THE SHALLOW END
Long hair must be in Cap or tied back						
swim classes have lane priority- circle swims are enforced(guards will set up lanes, A COMPLETE SHOWER, INCLUDING HAIR MUST BE TAKEN BEFORE ENTERING THE POOL...NO EXCEPTION!!!						

THERAPEUTIC POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00-1:00 SENIOR	12:00-1:00 SENIOR	12:00-1:00 SENIOR	12:00-1:00 SENIOR	12:00-1:00 SENIOR	2:00-3:00 OPEN	9:30-11:30 ADULT ONLY 11:30-4:00 OPEN
5:00-6:00 OPEN	4:00-5:30 OPEN	2:30-3:30 OPEN	1:00-5:30 OPEN	4:30-6:30 OPEN	4:00-5:00 PARTY USE ext 133	4:00-5:00 PARTY USE EXT 133
7:30-8:30 ADULT ONLY	6:00-7:00 OPEN 7:00-7:30 ADULT ONLY	4:30-5:30 OPEN	6:00-7:00 OPEN 7:00-7:30 ADULT ONLY	7:30-8:00 ADULT ONLY	5:00-7:00 OPEN	5:00-6:30 OPEN

A 30 MIN MAX SWIM IS STRONGLY RECOMMENDED For THE THERAPY POOL -PLEASE TAKE A BREAK EVERY 1/2 HOUR THIS POOL

WELCOME PLEASE FOLLOW THE POOL RULES.

ANYONE WEARING A FLOATATION DEVICE OR UNABLE TO SWIM MUST STAY IN THE SHALLOW AREA

this schedule may change slightly with each session (8 WEEKS)

* please use lockers for personal belongings -locks are recommended

* regulation swim suits and coast guard approved flotation device only

lifeguard must be on duty

lifeguard on duty has the right to enforce pool rules/ swimmer to guard ratio/decision of diving board

guards have the right to ask you to leave if you do not wish to follow the pool rules

SWIM DIAPER COVERED BY PLASTIC PANT IS REQUIRED FOR ANY ONE IN NEED

NO STREET SHOES ALLOWED BEYOND THE LOCKER ROOM DOORS -PLEASE BRING SWIM SHOES

BOTH POOLS AT THE GREENKNOLL YMCA HAVE HANDICAP CHAIR LIFTS

THANK YOU FROM THE AQUATICS STAFF