



STAMFORD

# FALL POOL SCHEDULE SEPTEMBER 8<sup>TH</sup>-DECEMBER 31<sup>ST</sup>

UPDATED Dec 4<sup>th</sup> 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5AM-9AM ADULT LAPS 6 LANES	5AM-9AM ADULT LAPS 6 LANES	5AM-9AM ADULT LAPS 6 LANES	5AM-9AM ADULT LAPS 6 LANES	5AM-9AM ADULT LAPS 6 LANES	
	9AM-11AM AQUA FIT 3 LANES	9AM-12PM ADULT LAPS 6 LANES	9AM-11AM AQUA FIT 3 LANES	9AM-12PM ADULT LAPS 6 LANES	9AM-11AM AQUA FIT 3 LANES	8AM-9AM SWIM TEAM 4 LANES
11AM - 3PM ADULT LAPS 4 LANES	9AM-12PM ADULT LAPS 3 LANES	12PM-4:30PM ADULT LAPS 6 LANES	9:00AM-10:00AM ADULT LAPS 3 LANES	12PM-2:30PM ADULT LAPS 6 LANES	9AM-12PM ADULT LAPS 3 LANES	8AM-9AM ADULT LAPS 2 LANES
	12PM-4PM ADULT LAPS 3 LANES	4:30PM-7:00PM SWIM TEAM 4 LANES	1:00AM-11:00AM ADULT LAPS 6 LANES	2:30PM-4:30PM FAMILY SWIM 3 LANES	12PM-4PM ADULT LAPS 3 LANES	9AM-12PM GROUP LESSONS
	12PM-4:00PM FAMILY SWIM 3 LANES	4:30PM-7:00PM GROUP LESSONS 2 LANES	11:00AM-11:45AM CLOSED FOR CLEANING	2:30PM-4:30PM ADULT LAPS 1 LANES	12PM-4:00PM FAMILY SWIM 3 LANES	
4:30PM-7:00PM SWIM TEAM 4 LANES	7:00PM-8:00PM FAMILY SWIM 3 LANES	12PM-4:00PM FAMILY SWIM 3 LANES	4:30PM-6:00PM GROUP LESSONS 2 LANES	4:30PM-7:00PM SWIM TEAM 4 LANES		
11AM -3PM FAMILY SWIM 2 LANES	4:30PM-7:00PM GROUP LESSONS 2 LANES	7:00PM-8:00PM ADULT LAPS 3 LANES	11:45AM-4:30PM ADULT LAPS 3 LANES	4:30PM-7:00PM SWIM TEAM 4 LANES	4:30PM-7:00PM GROUP LESSONS 2 LANES	12PM-3PM FAMILY SWIM 2 LANES
	7:00PM-8:00PM FAMILY SWIM 3 LANES	8:00PM-9:45PM ADULT LAPS 6 LANES	4:30PM-7:00PM SWIM TEAM 4 LANES	6PM-7PM GROUP LESSONS 2 LANES	7:00PM-8:00PM FAMILY SWIM 3 LANES	
	7:00PM-8:00PM ADULT LAPS 3 LANES		4:30PM-7:00PM GROUP LESSON 2 LANES	7:00-8:00PM AQUA ZUMBA 2 LANES	7:00PM-8:00PM ADULT LAPS 3 LANES	12PM-3PM ADULT LAPS 4 LANES
3PM - 3:45PM ADULT LAPS 6 LANES	7:00PM-8:00PM ADULT LAPS 3 LANES		7:00PM-8:00PM FAMILY SWIM 3 LANES	7:00PM-8:00PM FAMILY SWIM 2 LANES		
	8:00PM-9:45PM ADULT LAPS 6 LANES		7:00PM-8:00PM ADULT LAPS 3 LANES	7:00PM-8:00PM ADULT LAPS 2 LANES	8:00PM-8:45PM ADULT LAPS 6 LANES	
			8:00PM-9:45PM ADULT LAPS 6 LANES	8:00PM-9:45PM ADULT LAPS 6 LANES		3PM-4:45PM ADULT LAPS 6 LANES

## Rules:

- All swimmers must shower prior to entering the pool
- All swimmers must be tested to determine swimming ability by lifeguards.
- All swimmers under the age of 10 must be yellow band or higher to enter the pool unaccompanied by a responsible adult (18+). Non-swimmers must always be accompanied by a responsible adult in the water.
- All children under the age of 14 must be supervised by an adult regardless of swimming ability.
- All non-swimmers must be within arm's reach of responsible adult.
- In the event of lap swim being filled, swimmers will be asked to circle swim to allow others to enjoy the pool.
- No food or drink on the pool deck besides water.
- No glass containers permitted in the pool area.
- No horseplay, running, or other boisterous activity.
- Proper swim attire required. Gym clothes, non-swimwear workout attire, or street clothing may not be worn instead of swimwear.
- Lifeguards have the final say in all matters and may enforce other policies not listed in the interest of health and safety.

**THE YMCA DOES NOT PROVIDE POOL TOWELS.  
PLEASE BRING YOUR OWN POOL TOWELS.**