



STAMFORD FAMILY YMCA – POOL SCHEDULE

EFFECTIVE DECEMBER 8, 2021

MON	TUE	WED	THU	FRI	SAT
7AM – 11AM OPEN SWIM	7AM – 11AM OPEN SWIM	7AM – 11AM OPEN SWIM	7AM – 11AM OPEN SWIM	7AM – 11AM OPEN SWIM	9AM – 12PM OPEN SWIM
11AM – 4PM CLOSED	11AM – 4PM CLOSED	11AM – 4PM CLOSED	11AM – 4PM CLOSED	11AM – 4PM CLOSED	12PM – 1:45PM OPEN SWIM
4PM – 7:45PM OPEN SWIM	4PM – 7:45PM OPEN SWIM	4PM – 7:45PM OPEN SWIM	4PM – 7:45PM OPEN SWIM	4PM – 6:45PM OPEN SWIM	

***Schedule subject to change without notice**

STAMFORD YMCA POOL RULES

Our number one priority is safety! For this reason, we have implemented

1. Lifeguards have the authority to enforce all pool rules
2. All swimmers must shower prior to entering the pool
3. All swimmers must be tested to determine swimming ability by lifeguards.
4. 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.
5. All children under the age of 14 must be supervised by an adult regardless of swimming ability.
6. All non-swimmers must be within arm's reach of responsible adult.
7. In the event of lap swim being filled, swimmers will be asked to circle swim to allow others to enjoy the pool.
8. No food or drink on the pool deck besides water.
9. No glass containers permitted in the pool area.
10. No horseplay, running, or other boisterous activity.
11. Proper swim attire required. Gym clothes, non-swimwear workout attire, or street clothing may not be worn instead of swimwear.
12. **Lifeguards have the final say in all matters and may enforce other policies not listed in the interest of health and safety.**