	Monday	Tuesday	Wednesday	Thursday	Friday
6:15-8:30 AM	Adult Lap (6)	Adult Lap (6)	Adult Lap (6)	Adult Lap (6)	Adult Lap (6)
8:30-9:30 AM	Adult Lap (1) Water Fitness (5)	Adult Lap (2) Water Arthritis (4)	Adult Lap (1) Water Fitness (5)	Adult Lap (2) Water Arthritis (4)	Adult Lap (1) Water Fitness (5)
9:30-10:30 AM	Adult Lap (2) Water Arthritis (4)	Adult Lap (3) **Nursery School Swim Lessons (3)**	**Nursery School Swim Lessons (2)** Water Arthritis (4)	Adult Lap (3) Open Swim (3)	Adult Lap (2) Water Arthritis (4)
10:30-10:45 AM	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed
10:45-11:45 AM	Adult Lap (3) Open Swim (3)	Adult Lap (3) Open Swim (3)	Adult Lap (3) Open Swim (3)	Adult Lap (3) Open Swim (3)	Adult Lap (3) Open Swim (3)
11:45-12:45 PM	Adult Lap (3) Praise in the Pool (3)	Adult Lap (3) Praise in the Pool (3)	Adult Lap (3) Praise in the Pool (3)	Adult Lap (3) Praise in the Pool (3)	Adult Lap (3) Praise in the Pool (3)
12:45-2:00 PM	Adult Lap (3) Open Swim (3)	Adult Lap (3) **Preschool Swim Lessons (3)**	Adult Lap (3) Open Swim (3)	Adult Lap (3) Open Swim (3)	Adult Lap (3) Open Swim (3)
2:00-2:15 PM	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed
2:15-3:00 PM	Adult Lap (3) Open Swim (3)	Adult Lap (3) Open Swim (3)	Adult Lap (3) Open Swim (3)	Adult Lap (3) Open Swim (3)	Adult Lap (3) Open Swim (3)
3:00-4:30 PM	Adult Lap (3) Open Swim (3)	Water Fitness (2) Adult Lap (4)	Adult Lap (3) Open Swim (3)	Water Fitness (2) Adult Lap (4)	Adult Lap (3) Open Swim (3)
4:30-7:00 PM	**Dolphins Swim Team**	**Dolphins Swim Team** 6-7pm Water Fitness	**Dolphins Swim Team**	**Dolphins Swim Team** 6-7pm Water Fitness	**Dolphins Swim Team**
7:00-8:00 PM	Adult Lap (3) Open Swim (3)	Adult Lap (3) Open Swim (3)	Adult Lap (3) Open Swim (3)	Adult Lap (3) Open Swim (3)	Adult Lap (3) Open Swim (3)

Saturday	Sunday
7:15-10:45AM Adult Lap (6)	**9:30-11:30AM** **Adult Lap (6)**
8:45-11:00AM **Pool Closed For Swim Lessons**	**11:30-12:45pm** **Adult Lap (3)** **Open Swim (3)**
11:00-12:45PM Adult Lap (3) Open Swim (3)	**12:45-1:00 PM** **Pool Closed**
12:45-1:00 PM **Pool Closed**	**1:00-2:00 PM** **Pool Reservation**
1:00-2:00 PM **Pool Reservation**	**2:00-4:30 PM** **Adult Lap (3)** **Open Swim (3)**
2:15-3:15 PM **Pool Reservation**	
3:15-6:30 PM Adult Swim (3) Open Swim (3)	

the YMCA

Norwich YMCA Pool Schedule: November 2026