



REGIONAL YMCA POOL SCHEDULES

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

MAIN POOL – Lap Swim*

Effective 4/19/2021

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
6am-10:45am 12pm-7:45pm	6am-8:45am 11am-7:45pm	6am-10:45am 12pm-7:45pm	6am- 8:45am 11am-7:45pm	6am - 11:45am	8am-8:45am	8am-8:45am

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

MAIN POOL – Family Swim

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
3pm- 5:45pm		3pm- 5:45pm				

YDAC OUTDOOR POOL – Lap Swim*

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
5am-2:45pm 7:15pm-8:00pm	5am-2:45pm	5am-2:45pm 7:15pm-8:00pm	5am-2:45pm	5am-2:45pm (LC) 5pm-7:45pm (LC)	9am-10:45a (LC) 12pm-4:45pm	6am-4:45pm

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

YDAC OUTDOOR POOL – Family Swim

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
				5pm-7:45pm	12pm-4:45pm	11am-4:45pm

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

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
9am-9:45am 11am-11:45am 4pm-6:45pm 7pm-7:45pm	4pm-4:45pm 5pm-5:45pm 7pm-7:45pm	9am-9:45am 11am-11:45am 4pm-6:45pm 7pm-7:45pm	10am-11:45am 4pm-4:45pm 5pm-5:45pm 7pm-7:45pm	9am-11:45am	10am-11:45am	9am-11:45am

*****RESERVATIONS ARE REQUIRED*****

Key

LC=Long Course (50 meters)

Swim Reservation Guidelines:

- You can arrive 5-10 minutes early for your reservation.
- **Masks are required in the facility.**
- Please scan your membership card and check-in for your reservation at the front desk.
- If you are running late - call the front desk at 203 775 4444 x0 or YDAC at 203 775 1077 to let them know so they do not release your reservation.
- Family Swim is reserved for members only. No guests/walk-ins at this time.
- Reservations are required. Register here: [Facility Reservations](#)
- Please limit your reservation to one family per slot/2-4 people per family.
- Please limit your usage to **1 visit per day in any pool.**
- Pool slots are 45 minutes long. Sorry, your reserved time cannot be extended.
- Locker Rooms are open for showers and changing.
- Promptly leave at the end of your time slot to allow ample time for others.
- A \$5.00 no-show fee will be applied to your membership account if we are not notified about cancelling a pool reservation. You will be sent a reminder on your first no-show

Kindly give 24 hours' notice for cancellations; please call 203-775-4444 x0 or email Alex Hall-Heron at ahall-heron@regionalmca.org.