

EAC POOL SCHEDULE

Effective: 2/21/26 - 3/15/26

(schedule subject to change)

Break times are called with a long whistle every 10 minutes to the top of the hour. Adults (18+) may stay in the pools along with handheld infants. All children below 18 years must leave the water until the lifeguard blows the whistle again.

THERAPY POOL							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7A		open	open	open	open	open	
7-8A		open	open	open	open	open	
8-9A		aquanastics	water flex	aquanastics	water flex	aquanastics	open
9-10A		open	open	open	open	open	open
10-11A		open	open	open	open	open	open
11P-12P		open	water flex	open	water flex	open	open
12-1P	open	open	water flex	open	water flex	open	open
1-2P	open	open	open	open	open	open	open
2-3P	open	open	open	open	open	open	open
3-4P	open	open	open	open	open	open	open
4-5P	open	open	open	Parent/Child 2/4-3/25 4:45-5:45	open	open	open
5-6P	open til 5:45pm	swim lessons (1/26-3/16)	open		swim lessons (1/29-3/19)	open til 5:45pm	open til 5:45pm
6-7P			aquanastics	open			
7-7:45P		open	open	open	open		

• **Bolded times indicate class/program. Pool closed to persons not participating, unless otherwise noted.** •

COMPETITION POOL							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7A		lap swim (6)	lap swim (6)	lap swim (6)	lap swim (6)	lap swim (6)	
7-8A		lap swim (6)	lap swim (6)	lap swim (6)	lap swim (6)	lap swim (6)	
8-9A		lap swim (4)	lap swim (4)	lap swim (4)	lap swim (4)	lap swim (4)	lap swim (6)
9-10A		deep water (2)	deep water (2)	deep water (2)	deep water (2)	deep water (2)	lap swim (6)
10-11A		lap swim (4)	lap swim (4)	lap swim (4)	lap swim (4)	lap swim (4)	lap swim (6)
11A-12P		lap swim (4)	lap swim (4)	lap swim (4)	lap swim (4)	lap swim (4)	basketball (3)
12-1P	open (3)	lap swim (4)	lap swim (4)	lap swim (4)	lap swim (4)	lap swim (4)	basketball (3)
1-2P	open (3)	lap swim (4)	lap swim (4)	lap swim (4)	lap swim (4)	lap swim (4)	basketball (3)
2-3P	open (3)	lap swim (4)	lap swim (4)	lap swim (4)	lap swim (4)	lap swim (4)	basketball (3)
3-4P	open (3)	lap swim (4)	lap swim (4)	lap swim (4)	lap swim (4)	basketball (3)	basketball (3)
4-5P	open (3)	lap swim (4)	lap swim (4)	lap swim (4)	lap swim (4)	basketball (3)	basketball (3)
5-6P	open til 5:45pm	lap swim (4)	stingray camp 5-7:30pm (2)	stingray camp 5-7:30pm (2)	stingray camp 5-7:30pm (2) deep water 6-7pm (0)	basketball (3)	open til 5:45pm
6-7P		lap swim (4)					
7-7:45P		lap swim (6)					

The number in parentheses indicates the number of lap lanes available to the public.

"NO" indicates that NO lap lanes are available during that scheduled program.

Swimmers are expected to share lanes, circle swim in times of high demand.

HIRING RED CROSS LIFEGUARDS
upcoming classes @ norwalkrec.com

Mon 3/16: limited lanes available from 7PM-7:45PM
Wed 3/18: limited lanes available from 6:45-7:45PM