



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

March 6-12, 2017

• When 6 lap lanes are available, 1 will be reserved as an exercise lane.

**\*The number of lap lanes may change due to unexpected pool use and programming without prior notice.**

**\*Lane lines will be removed /inserted 5-10 minutes prior to/after classes which will reduce the number available. Please plan accordingly!**

**\*Please call with questions or concerns.**

**We hope that you enjoy your swim and thank you for your cooperation in advance!**

# Gleason Family YMCA

## Pool Schedule

Contact: Mel Dyer, Aquatic Director  
508.295.9622 x27 mdyer@ymcasouthcoast.org

INDOOR POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LAP SWIM</b>	5:15-8:00 (6) 8:00-8:30 (5-6) 8:30-9:30 (3) 9:30-10:00 (5-6) 10:00-11:00 (6) 11:00-11:30 (2) 11:30-12:15 (3) 12:15-4:00 (5) 4:00-4:45 (3) 4:45-5:30 (2) 5:30-6:15 (4) 6:15-8:00 (2) 8:00-8:45 (3)	5:15-8:00 (6) 8:00-9:00 (3) 9:00-10:30 (6) 10:30-11:00 (5) 11:00-11:30 (2) 11:30-12:15 (3) 12:15-2:00 (5) 2:00-4:45 (3) 4:45-5:30 (4) 5:30-7:00 (0) 7:00-8:00 (2) 8:00-8:45 (3)	5:15-8:00 (6) 8:00-10:00 (3) 10:00-11:00 (5) 11:00-11:30 (3) 11:30-12:15 (2) 12:15-3:30 (5) 3:30-4:00 (4) 4:00-5:30 (2) 5:30-6:00 (4) 6:00-6:45 (1) 6:45-8:00 (2) 8:00-8:45 (3)	5:15-8:00 (6) 8:00-9:00 (3) 9:00-10:30 (6) 10:30-11:00 (5) 11:00-12:15 (2) 12:15-12:30 (4) 12:30-4:00 (5) <b>*VACUUMING 1:30-3:00pm</b> 4:00-5:30 (2) 5:30-6:15 (0) 6:15-7:00 (1) 7:00-8:00 (2) 8:00-8:45 (3)	5:15-8:00 (6) 8:00-9:00 (1) 9:00-9:30 (0) 9:30-10:00 (1) 10:00-12:30 (5) 12:30-1:30 (4) 1:30-4:00 (5) 4:00-4:45 (1) 4:45-5:30 (0) 5:30-6:15 (4) 6:15-8:00 (2) 8:00-8:45 (3)	7:00-9:00 (6) 9:00-12:00 (0) 12:00-4:30* (4) *** <b>*CLOSING EARLY AT 4:30PM - AQUATIC STAFF TRAINING</b>	7:00-9:00 (5) 9:00-10:00 (6) 10:00-12:00 (0) 12:00-1:00 (1) 1:00-2:15 (2) 2:15-4:45 (4)
<b>OPEN SWIM* *Slide/ water features do not run during program hours</b>	12:00-1:00pm Parent Tot ----- 1:00-3:30pm <b>5:30-6:00pm KP only!</b> 6:00-8:00pm	12:00-1:00pm Parent Tot ----- 1:00-4:00pm 7:00-8:00pm	12:00-12:45am Parent Tot ----- 1:15-4:00pm 6:00-8:00pm	12:00-1:00pm Parent Tot ----- 1:00-4:00pm 7:00-8:00pm	1:30-3:30pm 6:00-8:00pm Open Swim	1:00-4:30*pm w/Slide & Water Features @ 2:00pm *** <b>*CLOSING EARLY AT 4:30PM - AQUATIC STAFF TRAINING</b>	2:00-4:45pm w/Slide & Water Features @ 2:15pm
<b>SPECIAL NEEDS</b>	12:00-3:00pm	12:00-2:00pm ----- <b>SOCO REHAB 2:00-4:00pm</b>	1:15-3:00pm	12:00-3:00pm	<b>SOCO REHAB 8:00-10:00am</b> ----- 1:30-3:00pm	12:00-2:00pm	
<b>WATER EX.</b>	8:30-9:30am Mel (AP) 11:00am-12:00pm Jack (AC)	8:00-9:00am Winthrop (AP)	8:00-9:00am Mel (AP) 9:00-10:00am Pam (AC) 11:00am-12:00pm Richie (AC)	8:00-9:00am Winthrop (AP)	8:00-9:00am Pam (AC) 9:00-10:00am Pam (AC)		
<b>STRETCH AND FLEX</b>		11:00am-12:00pm Pam		11:00am-12:00pm Pam			

# **YMCA SOUTHCOAST & COMMONWEALTH OF MASSACHUSETTS AQUATIC SAFETY PROCEDURES**

- Pool will only be open when a certified lifeguard is on duty.
- All persons using the swimming pool must take a cleansing shower before entering the pool.
- Any person having an infectious, communicable disease or open wound is prohibited from using a public pool.
- Appropriate, clean swimwear is required. **NO CLOTHING/UNDERWEAR IN SUBSTITUTE OF SWIMWEAR!**
- Contamination of any surfaces with bodily fluids in the pool area or locker rooms is strictly prohibited.
- Infants and incontinent individuals must wear rubber pants or swim diapers.
- Long hair must be braided, worn in pony tail(s) or restrained under a swim cap.
- No glass containers, food or street shoes permitted in pool area.
- Personal floatation equipment/toys/objects may not be used without permission from the aquatic staff or under special supervision by a YMCA employee. Use of USCG approved floatation devices encouraged.
- Please walk in pool area – only clean, appropriate indoor footwear allowed on deck.
- Diving permitted **ONLY** in marked areas. Jumping **ONLY** permitted during supervised swim programs.
- No extended breath-holding. Swimmers must surface to breathe at a distance of every 3 body lengths.
- All children will be tested and marked according to swim ability. Aquatic staff reserve the right to deep water test any adult and/or deny any adult with a child, entry into deep water.
  - Children 0 – 5 years of age **MUST** be accompanied by a parent or guardian (over 18) **IN THE WATER** and stay within an arm’s reach **AT ALL TIMES**.
  - Children 6–7 years & 48” tall are eligible for shallow water test; if child passes, adult does not have to accompany child in water, but **MUST REMAIN IN POOL AREA IN CLOSE PROXIMITY TO THE CHILD**.
  - Children 8 + years & 48” tall are eligible for deep water test; if child passes, adult does not have to accompany child in water, but **MUST REMAIN IN POOL AREA TO SUPERVISE** if the child is 8–9 years.
  - If a child is 10–11 years and passes either test, adult **MUST REMAIN IN THE BUILDING**, but is not required on pool deck.
  - Any child of 6+ years that doesn’t meet the 48” height requirement or is unable to pass the shallow water test (regardless of their age), will be considered a non-swimmer and a parent will be required **IN THE WATER** with them within arm’s reach **AT ALL TIMES**.
  - See lifeguard on duty for test requirements.
- A parent may not be responsible for more than 4 children in the pool at one time. Of the maximum of 4 children, **NO MORE THAN 2** can be non-swimmers (0–5 years or unable to pass shallow/deep water tests).
- Rough-housing and horseplay are not acceptable pool behaviors.
- Breaking rules will result either in 1 warning and then suspension **OR** immediate suspension from the pool area depending upon the severity of the action/inaction.
- The lifeguard is the final authority on all actions and discipline within the pool area to ensure and maintain a safe environment.

**OPEN SWIM** – For individuals/families of all ages to enjoy unstructured activities in the pool.

**PARENT/TOT** – For families with children 0–5 years of age to enjoy unstructured activities in the pool.

**SPECIAL NEEDS** – For individuals having special physical/cognitive needs requiring a quieter environment.

**LAP SWIM** – For individuals swimming lengths/laps for exercise – must be 10+ years and deep water test qualified.

## **WATER EXERCISE CLASS DESCRIPTIONS**

- **AQUAPUMP** – Moderate to high impact/intensity water workout; not recommended for beginner exercisers.
- **AQUACISE** – Low to moderate impact/intensity water workout; can be modified for all levels of exercisers.
- **STRETCH & FLEX** – Low impact/intensity water workout; recommended for beginner/rehab exercisers.