



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# New Bedford YMCA

## Pool Schedule

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Effective February 27 –April 15, 2017 (updated 2/25)

The number of lap lanes may change due to pool use and programming.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LAP SWIM</b>	5:00-8:00am (4) 8:00-9:00am (3) 9:00-10:00am (1) 10:00-11:00am(1) 11:00-12:00pm (4) 12:00-3:30pm (4) 3:30-4:00pm (2) 4:00-4:45pm (1) 4:45-7:30pm (0) 7:30-8:45pm (2)	5:00-8:00am (4) 8:00-9:00am (3) 9:00-3:30pm (4) 3:30-4:00pm (3) 4:00-7:00pm (0) 7:00-7:45pm (2) 7:45-8:45pm (3)	5:00-8:00am (4) 8:00-9:00am (3) 9:00-10:00am (1) 10:00-11:00am (1) 11:00-11:30pm (3) 11:30-3:30pm (4) 3:30-4:45pm (1) 4:45-7:30pm (0) 7:30p-8:45p (2)	5:00-8:00am (4) 8:00-9:00am (3) 9:00-3:30pm (4) 3:30p-4:00pm(3) 4:00-7:00pm (0) 7:00-7:45pm (1) 7:45-8:30pm (3) 8:30-8:45pm (4)	5:00-8:00am (4) 8:00-9:00am (3) 9:00-10:00am (1) 10:00-11:00a (1) 11:00-3:30pm (4) 3:30-4:00pm (3) 4:00-7:30pm (0) 7:30-8:45pm (4)	7:00-9:00am (4) 9:00-12:00pm (0) 12:00-4:45pm (4)	7:00-8:00am (4) 8:00-10am (1) 10:00-2pm (3) 2:00-4:45pm (4)
<b>OPEN SWIM</b>	12:00-3:00pm 7:30-8:45pm	12:00-3:30pm 7:00p-8:45pm	12:00-3:30pm 7:30-8:45pm	11:30a-3:30pm 7:00-8:45pm	12:00-3:30pm 7:30-8:45pm	12:00-4:45pm	12:00-4:45pm
<b>WATER AEROBICS</b>	8:00-8:45am 9:00-9:45am	8:00-8:45am (deep)	8:00-8:45am 9:00-9:45am	8:00-8:45am (deep)	8:00-8:45am 9:00-9:45am	8am-8:45am (Aqua Yoga)	
<b>ARTHRITIS EXERCISE</b>	11:00-12:00pm		11:00-12:00pm		11:00-12:00pm		
<b>WATER VOLLEYBALL</b>	10:00-11:00am		10:00-11:00am		10:00-11:00am		

## **OPEN SWIM**

- **AN ADULT 18 YEARS OR OLDER MUST ACCOMPANY A CHILD 7 YEARS OR YOUNGER IN THE POOL WITHIN ARMS REACH OF CHILD.**
- **CHILDREN 8-10 YEARS OLD MUST PASS THE SWIM TEST TO BE ALLOWED IN THE DEEP END OF THE POOL. PARENT MUST REMAIN IN THE POOL AREA.**
- **CHILDREN 10 YEARS OLD AND OLDER CAN BE IN THE POOL AREA ALONE BUT A PARENT MUST REMAIN ON THE Y PREMISES.**
- **ONLY TWO CHILDREN UNDER THE AGE OF 6 ARE ALLOWED PER ONE ADULT, FOUR CHILDREN MAXIMUM PER ADULT.**
- **WE HAVE FLOATATION DEVICES AVAILABLE; WE DO NOT ALLOW WATER WINGS/BLOW UP ARM FLOATS.  
PLEASE SEE LIFEGUARD FOR A FLOATATION DEVICE.**
- **ONLY NOODLES ARE TO BE USED DURING OPEN SWIM. NO INSTRUCTIONAL DEVICES.**
- **JUMPING AND DIVING ARE ALLOWED IN DESIGNATED AREAS ONLY. PLEASE SEE LIFEGUARD FOR LOCATION.**

## **LAP SWIM**

- **THE NUMBER IN ( ) INDICATES THE NUMBER OF LANES AVAILABLE FOR LAP SWIM**
- **ALL LAP SWIMMERS MUST BE OVER THE AGE OF 16 (OR A MEMBER OF THE HURRICANES SWIM TEAM) AND BE ABLE TO SWIM 1 LAP OF THE POOL WITHOUT STOPPING.**
- **LAP LANES DO GET CROWDED. WHEN THERE ARE MORE THAN 3 PEOPLE IN A LANE, THE SWIMMERS MUST CIRCLE SWIM (SWIM COUNTER CLOCKWISE IN EACH LANE).**