



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

New Bedford YMCA

Pool Schedule

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Effective April 17 –April 23, 2017^(updated 4/13)

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM	5:00-8:00am (4) 8:00-9:00am (3) 9:00-10:00am (0) 10:00-11:00am (1) 11:00-4:00pm (4) 4:00-7:00pm (3) 7:00-8:45pm (4)	5:00-8:00am (4) 8:00-9:00am (3) 9:00-4:00pm (4) 4:00-5:00pm (3) 5:00-6:30pm (0) 6:30-7:00pm (3) 7:00-8:45pm (4)	5:00-8:00am (4) 8:00-9:00am (3) 9:00-10:00am (0) 10:00-11:00am (1) 11:00-11:30pm (3) 11:30-4:00pm (4) 4:00-6:00pm (3) 6:00-7:00pm (0) 7:00-8:45pm (4)	5:00-8:00am (4) 8:00-9:00am (3) 9:00-4:00pm (4) 4:00-5:00pm (3) 6:30-7:00pm (3) 7:00-8:45pm (4)	5:00-8:00am (4) 8:00-9:00am (3) 9:00-10:00am (0) 10:00-11:00a (1) 11:00-4:00pm (4) 4:00-7:00pm (3) 7:00-8:45pm (4)	7:00-9:00am (4) 9:00-12:00pm (0) 12:00-1:00pm (4) 1:00-2:00pm (2) 2:00-4:45pm (4)	7:00-4:45pm (4)
OPEN SWIM	12:00-4:00pm 7:00-8:45pm	12:00p-1:00pm 2:00-4:00pm 7:00p-8:45pm	12:00-1:00pm 2:00-4:00pm 7:00-8:45pm	12:00p-1:00pm 2:00-4:00pm 7:00-8:45pm	12:00-1:00pm 2:00-4:00pm 7:15-8:45pm	12:00-4:45pm	12:00-4:45pm
WATER AEROBICS	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)	
ARTHRITIS EXERCISE	11:00-12:00pm		11:00-12:00pm		11:00-12:00pm		
WATER VOLLEYBALL	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).**