



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Gleason Family YMCA Pool Schedule

Contact: Danielle Gilmore, Aquatics Coordinator  
508.295.9622 x16 dgilmore@ymcasouthcoast.org

April 25<sup>th</sup> – June 19<sup>th</sup>, 2022 **REVISED 4/27/22**

- Swimmers must provide their own equipment (kickboards, pull buoys, hand paddles, float belts etc.). USCG approved lifejackets are available for non-swimmers.
- 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!
- **The (#) symbol indicates the number of lap lanes available at that time.** Please note that lap lanes are reserved for continuous lap swim purposes while H2O EX areas are reserved for persons practicing water exercise regimes such as: physical therapy/rehabilitation, upright static or active resistance training, stretching, and/or water walking/jogging.

INDOOR POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM	5:00–9:15am (5) 9:15–10:30am (3) 10:35am–2:00pm (5) 2:00–3:00pm (4) 3:00–4:00pm (5) 4:00–6:15pm (3) 6:15–8:00pm (2) 8:00–8:45pm (5)	5:00–6:00am (5) 6:00–7:15am (4) 7:15–9:15am (5) 9:15–10:35am (3) 10:30am–1:00pm (2–5)* 1:00–3:00pm (1–3)* 3:00–4:00pm (5) 4:00–5:45pm (4) 5:45–7:00pm (0) 7:00–8:45pm (2) *Lanes Limited 5/3 & 6/7 12:00–2:00pm	5:00am–3:30pm (5) 3:30–4:00pm (4) 4:00–5:10pm (3) 5:10–5:45pm (0) 5:45–6:15pm (3) 6:15–8:00pm (2) 8:00–8:45pm (5)	5:00–6:00am (5) 6:00–7:15am (4) 7:15–9:15am (5) 9:15–10:35am (3) 10:30am–4:00pm (2–5)^* 4:00–4:30pm (4) 4:30–5:10pm (2) 5:10–5:45pm (4) 5:45–7:00pm (0) 7:00–8:45pm (2) ^VACUUMING 11:30am–1:00pm *Lanes Limited 5/26 12:00–2:00pm	5:00–8:00am (5) 8:00–9:15am (3) 9:15–10:00am (1) 10:00–10:35am (3) 10:30am–3:30pm (5) 3:30–4:00pm (4) 4:00–4:35pm (2) 4:35–5:05pm (4) 5:05–6:30pm (3) 6:30–8:00pm (2) 8:00–8:45pm (5)	7:00–8:30am (5) 8:30–8:45am (4) 8:45am–10:40am (2) 10:40am–12:00pm (0) 12:00–1:00pm (2) 1:00–4:45pm (4)	7:00–8:00am (5) 8:00–8:45am (4) 8:45am–12:30pm (2) 12:30–4:45pm (4)
OPEN SWIM	3:00–4:00pm 7:00–8:30pm	3:00–4:00pm 7:00–8:30pm	3:00–4:00pm 7:00–8:30pm	3:00–4:00pm 7:00–8:30pm	3:00–4:00pm 6:15–8:30pm	1:00–4:30pm w/ slide & features by request	1:00–4:30pm w/ slide & features by request
PARENT TOT/ SPECIAL NEEDS	12:00–2:00pm	12:00–1:00pm	12:00–2:00pm	12:15–2:00pm	12:00–2:00pm	12:00–1:00pm	12:00–1:00pm
H2O EX LANE	5:00–9:30am 12:00–3:00pm	5:00–9:30am 12:00–3:00pm* *Unavailable 12–3pm 5/3 & 6/7	5:00–10:30am 12:00–3:00pm	5:00–9:30am 2:00–4:00pm *Unavailable 2–3pm 5/26	5:00–9:30am 12:00–3:00pm	7:00–8:45am 12:00–1:00pm	7:00–8:45am 12:00–1:00pm
AQUACISE	9:30–10:30am Phaedre	9:30–10:30am Pam		9:30–10:30am Pam	9:30–10:30am Phaedre		

## 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.
- 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 a 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 an adult (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.