



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Gleason Family YMCA Pool Schedule

Contact: Danielle Gilmore, Aquatics Coordinator
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September 19th – October 30th, 2022

- 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) 9:15-10:35am (3) 10:35am-2:00pm (5) 2:00-3:00pm (4) 3:00-4:30pm (5) 4:30-5:00pm (2) 5:00-8:45pm (1)	5:00-9:15am (5) 9:15-10:35am (3) 10:35am-1:00pm (2-5)* 1:00-3:00pm (1-3)* 3:00-4:30pm (5) 4:30-5:00pm (4) 5:00-6:00pm (2) 6:00-7:00pm (1) 7:00-8:45pm (2) *Lanes Limited 10/25 12:00-3:00pm	5:00-9:15am (5) 9:15-10:35am (3-5)* 10:35am-4:30pm (5) 4:30-5:15pm (2) 5:15-8:45pm (1) *Lanes Limited beginning 10/12	5:00-6:00am (5) 6:00-7:15am (4) 7:15-9:15am (5) 9:15-10:35am (3) 10:35am-4:30pm (5)* 4:30-5:00pm (4) 5:00-6:00pm (2) 6:00-7:00pm (1) 7:00-8:45pm (2) *Lanes Limited 9/29, 10/13 12:00-3:00pm	5:00-8:00am (5) 8:00-9:15am (3) 9:15-10:00am (1) 10:00-10:35am (3) 10:35am-1:45pm (5) 1:45-4:00pm (3-5)* *VACUUMING 2:00-3:30pm 4:00-4:25pm (4) 4:25-5:45pm (0) 5:45-8:45pm (1)	7:00-8:30am (5) 8:30-8:45am (4) 8:45am-12:00pm (2) 12:00-4:45pm (4)* *POOL CLOSED at 12pm on 10/8 for Riptides Swim Meet	7:00-8:00am (5) 8:00-8:45am (4) 8:45am-10:00am (2) 10:00am-12:00pm (0) 12:00-4:45pm (4)
OPEN SWIM	3:00-4:00pm 6:30-8:30pm	3:00-4:00pm 7:00-8:30pm	3:00-4:00pm 7:00-8:30pm	3:00-4:00pm 7:00-8:30pm	6:30-8:30pm	1:00-4:30pm* w/ slide & features by request *NONE 10/8	1:00-4:30pm w/ slide & features by request
PARENT TOT/ SPECIAL NEEDS	12:00-2:00pm	12:00-2:00pm* KP ONLY 9/13	12:00-2:00pm	12:00-2:00pm	12:00-2:00pm	12:00-1:00pm *NONE 10/8	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 9/13	5:00-10:30am 12:00-3:00pm	5:00-9:30am 12:00-3:00pm	5:00-9:30am 12:00-3:00pm	7:00-8:45am 12:00-1:00pm* *POOL CLOSED at 12pm on 10/8	7:00-8:45am 12:00-1:00pm
AQUACISE	9:30-10:30am Phaedre	9:30-10:30am Pam	9:30-10:30am* Phaedre *Beginning 10/12	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.