

ALL AGES

# GLEASON FAMILY YMCA POOL SCHEDULE

September 8- October 25<sup>th</sup>, 2025



AQUATICS

## IMPORTANT DATES:



September 8th • Swim Team  
Competitive Season Begins

September 13th • 4PM POOL CLOSURE  
Monthly Aquatic Staff Training

September 18th • 12-2PM LANES LIMITED  
Northeast Maritime Institute Rental

October 4th • 12:30PM POOL CLOSURE  
Riptides Swim Team Home Meet

October 9th • 12-2PM LANES LIMITED  
Northeast Maritime Institute Rental

October 25th • ALL DAY POOL CLOSURE  
Join or help our swimmers fundraise for the  
Y's Annual Campaign at our annual event.  
Scan below for more info.



## OTHER INFO:

Southcoast Physical Therapy  
uses Lanes 5&6  
Tuesdays 1-3pm and  
Fridays 8-10am

POOL VACUUMING &  
DECK MAINTENANCE  
take place Fridays 1-3pm.  
Swimmers may be asked  
to switch lanes.

## COLOR CODES:

- Open Swim
- Lap Swim
- Parent Tot/Inclusive Swim
- H2O EX Lane
- Aquacise

MON

TUES

WED

THUR

FRI

SAT

SUN

## LAP SWIM

5:00-8:00am (5)  
8:00-8:45am (4)  
8:45-10:05am (2)  
10:05-11:35am (3)  
11:35am-2:00pm (4)  
2:00-4:15pm (5)  
4:15-5:00pm (3)  
5:00-6:20pm (0)  
6:20-7:00pm (2)  
7:00-8:45pm (1)

5:00-9:15am (5)  
9:15-10:35am (2)  
10:35am-1:00pm (4)  
1:00-2:00pm (2)  
2:00-3:00pm (3)  
3:00-5:00pm (5)  
5:00-5:45pm (1)  
5:45-7:00pm (0)  
7:00-8:45pm (1)

5:00am-8:00am (5)  
8:00-8:45am (4)  
8:45-10:05am (2)  
10:05-11:35am (3)  
11:35am-2:00pm (4)  
2:00-4:00pm (5)  
4:00-5:00pm (3)  
5:00-6:00pm (0)  
6:00-6:20pm (1)  
6:20-7:00pm (2)  
7:00-8:45pm (1)

5:00-9:15am (5)  
9:15-10:35am (2)  
10:35am-12:00pm (5)  
12:00-2:00pm (4)  
2:00-4:00pm (5)  
4:00-5:00pm (4)  
5:00-5:45pm (1)  
5:45-7:00pm (0)  
7:00-8:45pm (1)

5:00-8:00am (5)  
8:00-10:05am (3)  
10:05am-1:30pm (4)  
1:30-3:00pm (2-3)  
3:00-4:00pm (5)  
4:00-5:00pm (4)  
5:00-6:00pm (0)  
6:00-6:20pm (1)  
6:20-7:00pm (2)  
7:00-8:45pm (1)

7:00-9:00am (5)  
9:00am-4:45pm (3)

7:00-9:00am (5)  
9:00am-4:45pm (3)

## OPEN SWIM

6:20pm-8:30pm

6:20pm-8:30pm

6:20pm-8:30pm

6:20pm-8:30pm

6:20pm-8:30pm

1:00pm-4:30pm

1:00-4:30pm

## PARENT TOT/ INCLUSIVE SWIM

12:00-2:00pm

12:00-2:00pm

12:00-2:00pm

12:00-2:00pm

12:00-1:30pm

12:30-1:00pm

12:30-1:00pm

## H2O EX LANE

5:00-8:45am  
10:05am-4:00pm

5:00-9:15am  
10:35am-12:00pm  
(Lane 6)  
12:00-4:00pm

5:00-8:45am  
10:05am-4:00pm

5:00-9:15am  
10:35am-12:00pm  
(Lane 6)  
12:00-4:00pm

5:00-10:00am  
10:00am-12:00pm  
(Lane 6)  
12:00-1:30pm  
3:00-4:00pm

7:00-9:00am  
9:00am-4:45pm  
(Lane 6)

7:00-9:00am  
9:00am-4:45pm  
(Lane 6)

## AQUACISE

9:00-10:00am  
10:30-11:30am

9:30-10:30am

9:00-10:00am  
10:30-11:30am

9:30-10:30am

We reserve the right to make changes at any time.



YMCA SOUTHCOAST

ymcasc.org

Dartmouth YMCA 508.996.3361 • Fall River YMCA 508.675.7841 • Gleason Family YMCA 508.295.9622

Mattapoisett YMCA 508.758.4203 • New Bedford YMCA 508.997.0734 • Stoico/FIRSTFED YMCA 508.678.9622

# SWIMMERS • ALL AGES

## GLEASON FAMILY YMCA POOL RULES

### AQUATICS

YMCA SOUTHCOAST & COMMONWEALTH OF MASSACHUSETTS AQUATIC SAFETY PROCEDURES

 <p>ALL CHILDREN UNDER 16 MUST TAKE A SWIM TEST PRIOR TO ENTERING THE WATER.</p>	 <p>WALK IN POOL AREA. CLEAN FOOTWEAR ALLOWED ON DECK.</p>	<p>NO PHOTOS OR VIDEOS ALLOWED IN LOCKER ROOMS.</p> 	 <p>POOL WILL ONLY OPEN WHEN A CERTIFIED LIFEGUARD IS ON DUTY.</p>
<p>COMPETITIVE AND REPETITIVE BREATH HOLDING ARE PROHIBITED.</p> 	 <p>OBEY THE LIFEGUARD AT ALL TIMES.</p>	<p>ONLY COAST GUARD APPROVED PERSONAL FLOTATION DEVICES (PFDS) ALLOWED.</p> 	<p>APPROPRIATE, CLEAN SWIMWEAR REQUIRED.</p> 
 <p>NO GLASS ALLOWED ON THE POOL DECK.</p>			

#### EVERYONE

- All persons using the swimming pool must take a cleansing shower before entering the pool.
- Infants and incontinent individuals must wear rubber pants or swim diapers.
- Any person having an infectious, communicable disease or open wound is prohibited from using a public pool.
- Contamination of any surfaces with bodily fluids in the pool area or locker rooms is strictly prohibited
- Long hair should be braided, worn in a ponytail(s) or restrained under a swim cap.
- Instructional flotation 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 flotation devices encouraged.
- Jumping and Diving ONLY permitted during supervised swim programs.
- No extended breath-holding. Swimmers must surface to breathe at a distance of every 3 body lengths.
- 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.

#### CHILDREN/GUARDIAN

- 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 further information on swim testing.

- **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.
- **INCLUSIVE SWIM** – For individuals having special physical/cognitive needs requiring a quieter environment.
- **LAP SWIM** – For individuals swimming lengths/laps for exercise – children must be deep-water test qualified.



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