

ALL AGES

GLEASON FAMILY YMCA POOL SCHEDULE

July 21 - August 17, 2025 REVISED 7.23.25



AQUATICS

IMPORTANT DATES:



July 24th • Lanes Limited 12-2pm
Northeast Maritime Rental

July 24th • Early Facility Closure
Aquatic Training/Staff Appreciation Event
INDOOR POOL CLOSING AT 2:45pm
OUTDOOR POOL CLOSED for the day

August 7th • Lanes Limited 12-2pm
Northeast Maritime Rental

August 16th • 4pm Pool Early Closure
Monthly Staff Training

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.

PLEASE NOTE:
Patrons must be off the outdoor
pool deck at time of close. Water
may be cleared up to 15 minutes
prior to facility closure.

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)
4:15-6:20pm (3)
6:20-8:00pm (0)
8:00-8:45pm (6)

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)
3:00-4:00pm (5)
4:00-6:15pm (4)
6:15-8:45pm (5)

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 (2)
5:00-6:00pm (1)
6:00-6:20pm (2)
6:20-8:00pm (0)
8:00-8:45pm (6)

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)
4:00-6:15pm (4)
6:15-7:00pm (6)
7:00-8:45pm (5)

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)
5:00-6:20pm (3)
6:20-7:00pm (6)
7:00-8:45pm (5)

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

7:00-9:00am (5)
9:00am-12:45pm (3)

OPEN SWIM

7:00pm-8:30pm

6:30pm-8:30pm

6:30pm-8:30pm

1:00pm-4:30pm

OUTDOOR POOL

3:30pm-7:00pm

3:30pm-7:00pm

3:30pm-7:00pm

3:30pm-7:00pm

3:30pm-7:00pm

12:00pm-5:00pm

12:00pm-5:00pm

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

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-12:45pm
(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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