### **ALL AGES**

# **GLEASON FAMILY YMCA**POOL SCHEDULE



### **AQUATICS**

#### **IMPORTANT DATES:**

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

July 24th • Early Facility Closure Aquatic Training/Staff Appreciation Event INDOOR POOL CLOSES 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

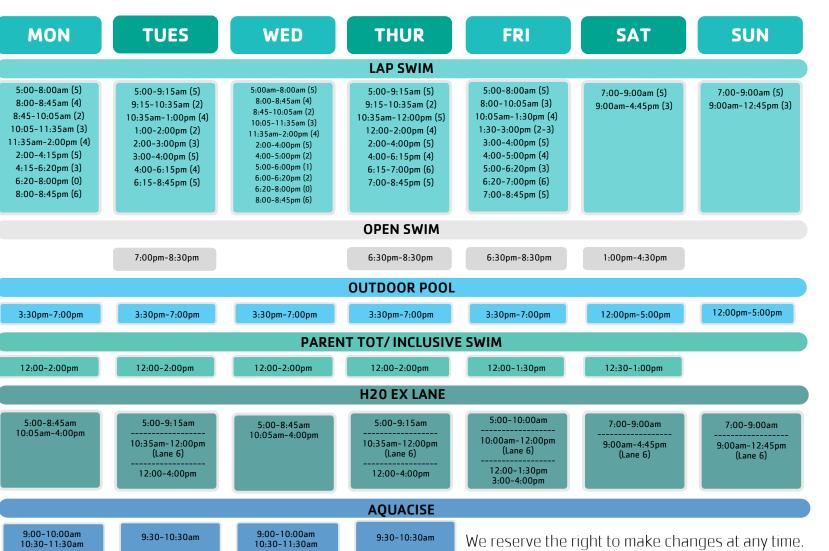
Parent Tot/Inclusive Swim

H20 EX Lane

Aquacise



July 21- August 17, 2025 REVISED 7.23.25



YMCA SOUTHCOAST

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

## **AQUATICS**

# **GLEASON FAMILY YMCA POOL RULES**

YMCA SOUTHCOAST & COMMONWEALTH OF MASSACHUSETTS AQUATIC SAFETY PROCEDURES

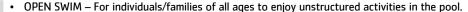


#### **EVERYONE**

- 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 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.
- 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.



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.



