



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

March 18th–April 14th, 2024

Please note changes on the following dates:

FRIDAY – 3/29^A & 4/5^B

SUNDAY – 3/24^C

SUNDAY – 3/31 EASTER HOLIDAY FACILITY CLOSURE

Gleason Family YMCA

Pool Schedule

Contact: Danielle Gilmore, Aquatics Coordinator

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- Lap lanes are reserved for continuous lap swim purposes while H2O EX areas are reserved for persons practicing water exercise regimes.
- The number of expected lap lanes may change – in the event of an unplanned schedule change, all efforts will be made to notify our members on our Facebook page.

INDOOR POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM	5:00–8:45am (5) 8:45–10:05am (3) 10:05am–12:00pm (4) 12:00–2:00pm (5) 2:00–3:00pm (4) 3:00–4:00pm (5) 4:00–6:15pm (3–4) 6:15–8:45pm (4–5)	5:00–9:15am (5) 9:15–10:35am (3) 10:35am–12:00pm (5) 12:00–1:00pm (4) 1:00–3:00pm (2) 3:00–4:00pm (5) 4:00–6:15pm (4) 6:15–7:35pm (1) 7:35–8:45pm (4–5)	5:00am–12:00pm (5) 12:00–2:00pm (4) 2:00–4:00pm (5) 4:00–5:00pm (2) 5:00–8:45pm (4–5)	5:00–9:15am (5) 9:15–10:35am (3) 10:35am–12:00pm (5) 12:00–2:00pm (4) 2:00–3:00pm (3) 3:00–4:00pm (5) 4:00–6:15pm (4) 6:15–7:35pm (1) 7:35–8:45pm (4–5)	5:00–8:00am (5) 8:00–8:45am (3) 8:45–10:05am (1) 10:05am–11:00am (5) 11:00am–1:30pm (3–4) ^B 1:30–3:00pm (2–3) VACUUMING 3:00–4:00pm (5) 4:00–6:15pm (4) ^A 6:15–8:45pm (4–5) ^A	7:00am–8:30am (5) 8:30am–1:00pm (3) 1:00–4:45pm (4)	7:00am–8:45am (5) 8:45am–1:00pm (3) ^C 1:00–4:45pm (4)
OPEN SWIM	6:30–7:00pm Kiddie Pool Only 7:00–8:30pm	6:30–8:30pm	6:30–8:30pm	6:30–8:30pm	6:30–8:30pm ^A	1:00–4:30pm w/ slide by request 1–4pm	1:00–4:30pm w/ slide by request 1–4pm
PARENT TOT/ INCLUSIVE SWIM	10:05am–12:00pm	12:00–2:00pm	12:00–2:00pm	12:30–2:00pm	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 12:30–4:00pm	5:00am–4:00pm	5:00–9:15am 12:30–4:00pm	5:00–8:45am 10:05–11:00am 12:00–1:30pm ^B 3:00–4:00pm	7:00–8:45am 10:00am–1:00pm (Lane 6)	7:00–8:45am 8:45am–1:00pm ^C (Lane 6)
AQUACISE	9:00–10:00am Marisa	9:30–10:30am Pam		9:30–10:30am Pam	9:00–10:00am Marisa		

^A FRIDAY 3/29: LAP LANES limited 5:45–8:00pm OPEN SWIM limited only to those registered for our POOLSIDE EGG HUNT EVENT

^B FRIDAY 4/5: H2O EX LANE moved to Lane 6 12:00–1:00pm

^C SUNDAY 3/24: LAP LANES limited 11:30am–12:30pm H2O EX LANE unavailable 11:30am–12:30pm

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 ponytail(s) or restrained under a swim cap.
- No glass containers, food or street shoes permitted in pool area.
- 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.
- Please walk in pool area – only clean, appropriate indoor footwear allowed on deck.
- 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.
- 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.
 - **INCLUSIVE SWIM** – 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.