



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

January 2nd - February 18th, 2024

Please note changes on the following dates:

THURSDAYS – 1/4^B, 2/15^B

FRIDAY – 2/16^C

SATURDAY – 2/17^D

SUNDAY – 2/11^E

- 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 send a push notification to our members via the YMCA Universal app.

Gleason Family YMCA Pool Schedule

Contact: Danielle Gilmore, Aquatics Coordinator
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INDOOR POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM	5:00-10:35am (5) 10:35-12:00pm (4) 12:00-2:00pm (5) 2:00-3:00pm (4) 3:00-4:00pm (5) 4:00-5:00pm (3) 5:00-6:15pm (0) 6:15-7:00pm (1) 7:00-8:45pm (2)	5:00-9:15am (5) 9:15-10:35am (3) 10:35am-12:00pm (5) 12:00-1:00pm (2-4) 1:00-2:00pm (1-2) 2:00-3:00pm (2) 3:00-4:00pm (5) 4:00-5:00pm (4) 5:00-6:15pm (1) 6:15-7:35pm (0) 7:35-8:45pm (1)	5:00-9:15am (5) 9:15-10:35am (3) 10:35am-12:00pm (5) 12:00-2:00pm (4) 2:00-4:00pm (5) 4:00-5:00pm (2) 5:00-6:15pm (0) 6:15-8:00pm (1) 8:00-8:45pm (2)	5:00-9:15am (5) 9:15-10:35am (3) 10:35am-12:00pm (5) 12:00-2:00pm (2-4) ^B 2:00-4:00pm (5) 4:00-5:00pm (4) 5:00-6:15pm (1-2) 6:15-7:35pm (0) 7:35-8:45pm (1)	5:00-8:00am (5) 8:00-9:15am (3) 9:15-10:00am (1) 10:00-10:35am (3) 10:35am-1:30pm (4) ----- 1:30-3:00pm (2-3) VACUUMING ----- 3:00-4:00pm (5) 4:00-5:00pm (3) 5:00-6:15pm (0) 6:15-8:00pm (1) 8:00-8:45pm (2)	7:00am-8:30am (5) 8:30am-1:00pm (3) 1:00-4:45pm (4) ^D	7:00am-8:45am (5) 8:45am-1:00pm (3) 1:00-4:45pm (4) ^E
OPEN SWIM	6:30-7:00pm Kiddie Pool Only 7:00-8:30pm	6:30-7:35pm Kiddie Pool Only 7:35-8:30pm	6:30-8:30pm	6:30-7:35pm Kiddie Pool Only 7:35-8:30pm	6:30-8:30pm	1:00-4:30pm ^D w/ slide by request 1-4pm	1:00-4:30pm w/ slide by request 1-4pm
PARENT TOT/ INCLUSIVE SWIM	10:35am-12:00pm	12:00-2:00pm ^A	12:00-2:00pm	12:30-2:00pm ^B	12:00-1:30pm	12:30-1:00pm ^D	12:30-1:00pm
H2O EX LANE	5:00am-4:00pm	5:00-9:15am 12:00-3:00pm ^A	5:00am-9:15am 10:35am-4:00pm	5:00-9:15am 12:30-3:00pm ^B	5:00-9:15am ----- 12:00-1:30pm ^C ----- 3:00-4:00pm	7:00-8:45am ----- 10:00am-1:00pm (Lane 6)	7:00-8:45am ----- 8:45am-1:00pm (Lane 6)
AQUACISE		9:30-10:30am Pam	9:30-10:30am Phaedre	9:30-10:30am Pam	9:30-10:30am Phaedre		

^B THURSDAYS 1/4 & 2/15: LAP LANES limited 12:00-2:00pm H2O EX LANE moved to Lane 6 12:30-2:00pm PARENT TOT/INCLUSIVE SWIM kiddie pool only

^C FRIDAY 2/16: H2O EX LANE moved to Lane 6 12:00-1:00pm

^D SATURDAY 2/17: POOL CLOSED AT 12:30pm

^E SUNDAY 2/11: LAP LANES limited 2:00-4:00pm

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 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.