



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

March 3rd - 17th, 2024

## Gleason Family YMCA Pool Schedule

Contact: Danielle Gilmore, Aquatics Coordinator  
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Please note changes on the following dates:

**TUESDAY – 3/5<sup>A</sup>**

**THURSDAY – 3/7<sup>B</sup>**

**FRIDAY – 3/15<sup>C</sup>**

**SATURDAY – 3/9<sup>D</sup>**

- 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.

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) 4:00–6:00pm (4) 6:00–6:15pm (0) 6:15–8:45pm (1)	5:00–9:15am (5) 9:15–10:35am (3) 10:35am–12:00pm (5) 12:00–1:00pm (2/4) <sup>A</sup> 1:00–3:00pm (1/2) <sup>A</sup> 3:00–3:45pm (3/5) <sup>A</sup> 3:45–6:00pm (4) 6:00–6:15pm (1) 6:15–7:35pm (0) 7:35–8:45pm (1)	5:00am–12:00pm (5) 12:00–2:00pm (4) 2:00–4:00pm (5) 4:00–5:00pm (2) 5:00–6:00pm (4) 6:00–6:15pm (0) 6:15–8:45pm (1)	5:00–9:15am (5) 9:15–10:35am (3) 10:35am–12:00pm (5) 12:00–2:00pm (4) 2:00–3:00pm (3/5) <sup>B</sup> 3:00–4:00pm (5) 4:00–6:00pm (4) 6:00–6:15pm (1) 6:15–7:35pm (0) 7:35–8:45pm (1)	5:00–8:00am (5) 8:00–8:45am (3) 8:45–10:05am (1) 10:05am–11:00am (5) 1:30pm (3–4) <sup>C</sup> 1:30–3:00pm (2–3) VACUUMING 3:00–4:00pm (5) 4:00–6:00pm (4) 6:00–6:15pm (0) 6:15–8:45pm (1)	7:00am–8:30am (5) 8:30am–1:00pm (3) <sup>D</sup> 1:00–4:45pm (4) <sup>D</sup>	7:00am–8:45am (5) 8:45am–1:00pm (3) 1:00–4:45pm (4)
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 <sup>D</sup> 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 <sup>A</sup>	12:00–2:00pm	12:30–2:00pm <sup>B</sup>	12:00–1:30pm	12:30–1:00pm <sup>D</sup>	12:30–1:00pm
H2O EX LANE	5:00–8:45am 10:05am–4:00pm	5:00–9:15am 12:30–4:00pm <sup>A</sup>	5:00am–4:00pm	5:00–9:15am 12:30–4:00pm <sup>B</sup>	5:00–8:45am 10:05–11:00am 12:00–1:30pm <sup>C</sup> 3:00–4:00pm	7:00–8:45am 10:00am–1:00pm <sup>D</sup> (Lane 6)	7:00–8:45am 8:45am–1:00pm (Lane 6)
AQUACISE	9:00–10:00am Marisa	9:30–10:30am Pam		9:30–10:30am Pam	9:00–10:00am Marisa		

<sup>A</sup> TUESDAY 3/5: LAP LANES limited 12:00–2:00pm H2O EX LANE moved to Lane 6 12:30–2:00pm, closed 2:00–3:00pm PARENT TOT/INCLUSIVE SWIM kiddie pool only

<sup>B</sup> THURSDAY 3/7: LAP LANES limited 2:00–3:00pm

<sup>C</sup> FRIDAY 3/15: H2O EX LANE moved to Lane 6 12:00–1:00pm

<sup>D</sup> SATURDAY 3/9: POOL CLOSED AT 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.