



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEW BEDFORD AQUATICS POOL SCHEDULE

APRIL 24TH, 2023 - JUNE 18TH, 2023



MON	TUES	WED	THURS	FRI	SAT	SUN
-----	------	-----	-------	-----	-----	-----

LAP SWIM

5:00am - 8:30am (4) 8:30am-10:00am (1) 10:00am-11:00am (1) 11:00am-4:30pm (4) 4:30pm-6:00pm (0) 6:00pm-7:30pm (3) 7:30pm-8:30pm (4)	5:00am-9:00am (4) 9:00am - 10:00am (2) 10:00am - 4:30pm (4) 4:30pm-6:00pm (0) 6:00pm-8:30pm (3)	5:00am - 8:30am (4) 8:30am-10:00am (2) 10:00am-4:30pm (4) 4:30pm-6:00pm (0) 6:00pm-7:00pm (3) 7:00pm-8:30pm (4)	5:00am-9:00am (4) 9:00am-10:00am (2) 10:00am-4:00pm (4) 4:00pm-5:30pm (2) 5:30pm-7:00pm (0) 7:00pm-8:30pm (2)	5:00am - 4:00pm (4) 4:00pm-4:30pm (3) 4:30pm-6:00pm (0) 6:00pm-7:00pm (2) 7:00pm-8:30pm (4)	7:00am-9:00am (4) 9:00am-10:00am (1) 10:00am-11:30am (0) 11:30am-12:00pm (1) 12:00pm-4:30pm (4)	7:00am-4:30pm (4)
---	---	--	--	---	---	-------------------

OPEN SWIM

12:00pm-4:00pm 7:30pm-8:30pm	12:00pm-4:00pm	12:00pm-4:00pm	12:00pm-4:00pm	12:00pm-4:00pm 7:00pm-8:30pm	12:00pm-4:30pm	12:00pm-4:30pm
---------------------------------	----------------	----------------	----------------	---------------------------------	----------------	----------------

WATER AEROBICS/ WATER VOLLEYBALL

8:30am-9:15am (shallow) 6:30pm-7:30pm (deep)	9:00-9:45am (deep)	8:30am-9:15am (shallow)	9:00-9:45am (deep)			
---	--------------------	-------------------------	--------------------	--	--	--

CONTACT SARA WHITE WITH ANY QUESTIONS - 508.997.0734 X 122 | SWHITE@YMCASC.ORG

OPEN SWIM

- AN ADULT 18 YEARS OR OLDER MUST ACCOMPANY A CHILD 7 YEARS OR YOUNGER IN THE POOL WITHIN ARMS REACH OF CHILD.
- CHILDREN 8-10 YEARS OLD MUST PASS THE SWIM TEST TO BE ALLOWED IN THE DEEP END OF THE POOL. PARENT MUST REMAIN IN THE POOL AREA.
- CHILDREN 10 YEARS OLD AND OLDER CAN BE IN THE POOL AREA ALONE BUT A PARENT MUST REMAIN ON THE Y PREMISES. ONLY TWO CHILDREN UNDER THE AGE OF 6 ARE ALLOWED PER ONE ADULT, FOUR CHILDREN MAXIMUM PER ADULT. WE HAVE FLOATATION DEVICES AVAILABLE; WE DO NOT ALLOW WATER WINGS/BLOW UP ARM FLOATS.
- PLEASE SEE LIFEGUARD FOR A FLOATATION DEVICE. ONLY NOODLES ARE TO BE USED DURING OPEN SWIM. NO INSTRUCTIONAL DEVICES.
- JUMPING AND DIVING ARE ALLOWED IN DESIGNATED AREAS ONLY. PLEASE SEE LIFEGUARD FOR LOCATION.

LAP SWIM

- THE NUMBER IN () INDICATES THE NUMBER OF LANES AVAILABLE FOR LAP SWIM
- ALL LAP SWIMMERS MUST BE OVER THE AGE OF 16 (OR A MEMBER OF THE HURRICANES SWIM TEAM) AND BE ABLE TO SWIM 1 LAP OF THE POOL WITHOUT STOPPING.
- LAP LANES DO GET CROWDED. WHEN THERE ARE MORE THAN 3 PEOPLE IN A LANE, THE SWIMMERS MUST CIRCLE SWIM (SWIM COUNTERCLOCKWISE IN EACH LANE).