



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEW BEDFORD AQUATICS POOL SCHEDULE

OCTOBER 30TH, 2023 - DECEMBER 23RD, 2023



MON	TUES	WED	THURS	FRI	SAT	SUN
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LAP SWIM

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

12:00pm-4:00pm 7:00pm-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
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WATER AEROBICS

8:30am-9:15am(shallow)	9:00am-9:45am (deep)	8:30am-9:15am(shallow)	9:00-9:45am (deep)	9:00am-9:30am (aqua stretch and flex) (begins Oct. 6th) (shallow)		
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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).