

# NEW BEDFORD AQUATICS

POOL SCHEDULE: JANUARY 2, 2024 - FEBRUARY 18, 2024



MON

TUES

WED

THURS

FRI

SAT

SUN

## LAP SWIM

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-4:30pm (4)  
4:30pm-7:30pm (0)  
7:30pm-8:30pm (4)

5:00am-8:30am (4)  
8:30am-9:30am (2)  
9:30am-4:30pm (4)  
4:30pm-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-6:30pm (0)  
6:30pm-8:30pm (4)

5:00am - 4:00pm (4)  
4:00pm-6:00pm (0)  
6:00pm-7:00pm (3)  
7:00pm-8:30pm (4)

7:00am-9:00am (4)  
9:00am-12:00pm (0)  
12:00pm-4:30pm (4)

7:00am-4:30pm (4)

## OPEN SWIM

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

12:00pm-4:00pm

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

12:00pm-4:00pm

12:00pm-2:00pm  
3:00pm-4:00pm  
7:00pm-8:30pm

12:00pm-4:30pm

12:00pm-4:30pm

## WATER AEROBICS

8:30am-9:15am  
(shallow)

9:00am-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](mailto: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).