



# NEW BEDFORD AQUATICS

POOL SCHEDULE: OCTOBER 28TH, 2024- DECEMBER 22ND, 2024



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

## LAP SWIM

5:00am-8:30am (4) 8:30am-9:30am (2) 9:30am-4:30pm (4) 4:30pm-7:30pm (0) 7:30pm-8:00pm (2) 8:00pm-8:45pm (4)	5:00am-9:00am (4) 9:00am- 10:00am (2) 10:00am- 4:00pm (4) 4:00pm-7:30pm (0) 7:30pm- 8:00pm (2) 8:00pm-8:45pm (4)	5:00am-8:30am (4) 8:30am-9:30am (2) 9:30am-4:30pm (4) 4:30pm-7:00pm (0) 7:00pm-7:30pm (1) 7:30pm-8:00pm (2) 8:00pm-8:45pm (4)	5:00am-9:00am (4) 9:00am- 10:00am (2) 10:00am- 4:30pm (4) 4:30pm-7:30pm (0) 7:30pm-8:45pm (2)	5:00am-8:30am (4) 8:30am- 4:30pm (4) 4:30pm-7:00pm (0) 7:00pm-7:30pm (2) 7:30pm-8:45pm (4)	7:00am-9:30am (4) 10:00am-12:00pm (0) 12:00pm-4:45pm (4)	7:00am-4:45pm (4)
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## OPEN SWIM

12:00pm-4:00pm	12pm- 4:00pm	12:00pm- 4:00pm	12:00pm- 4:00pm 7:30pm-8:30pm	12:00pm- 2:30pm 7:30pm- 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)	9:00am-9:45am (deep)			
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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).