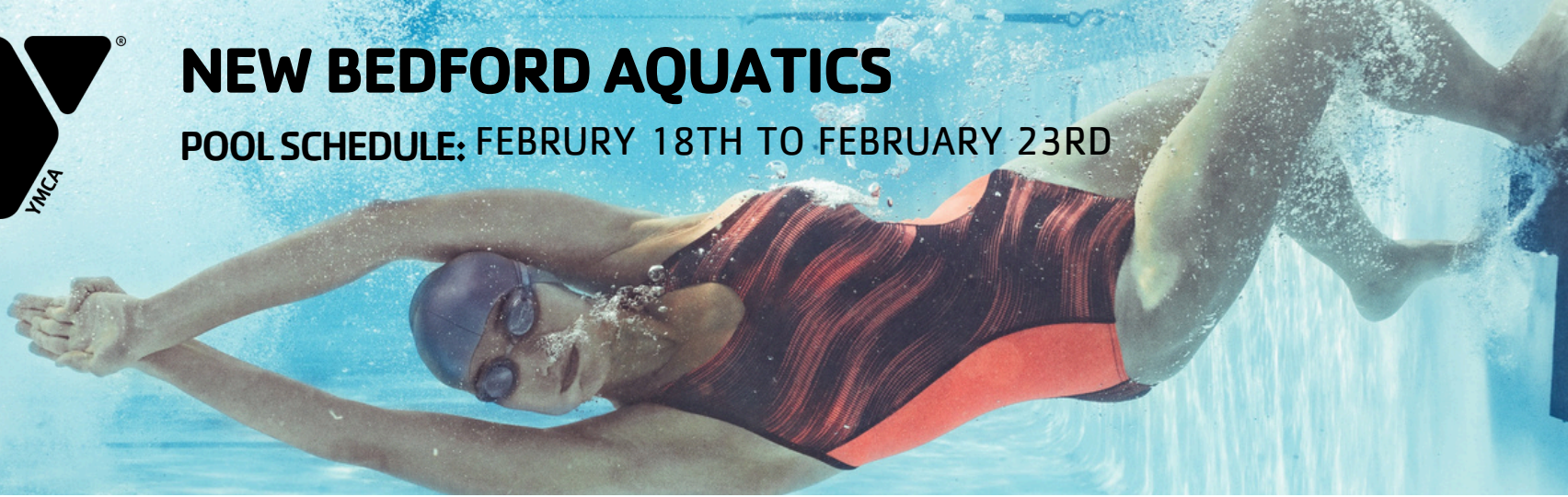




# NEW BEDFORD AQUATICS

POOL SCHEDULE: FEBRUARY 18TH TO FEBRUARY 23RD



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

## LAP SWIM

5:00am-8:30am (4) 8:30am-11:00am (2) 11:00am-8:45pm (4)	5:00am-9:00am (4) 9:00am- 10:00am (2) 10:00am-11:00am (4) 11:00am-4:30pm (2) 4:30pm- 7:30pm (0) 7:30pm- 8:00pm (3) 8:00pm-8:45pm (4)	5:00am-8:30am (4) 8:30am-12:00pm (2) 12:00pm-1:00pm (4) 1:00pm-4:00pm (2) 4:00pm-4:30pm (4) 4:30pm- 7:00pm (0) 7:00pm- 8:00pm (1) 8:00pm- 8:45pm (4)	5:00am-9:00am (4) 9:00am- 12:00pm (2) 12:00pm-1:00pm (4) 1:00pm-4:30pm (2) 4:30pm- 5:30pm (0) 5:30pm-7:00pm (1) 7:00pm-8:45pm (4)	5:00am-9:30am (4) 9:30am- 12:00pm (2) 12:00pm-1:00pm (4) 1:00pm-3:00pm (2) 3:00pm-4:30pm (4) 4:30pm-7:30pm (0) 7:30pm-8:45pm (4)	7:00am-4:45pm (4)	7:00am-4:45pm (4)
---------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------	-------------------	-------------------

## OPEN SWIM

12:00pm-3:00pm 5:30pm-8:30pm	12:00pm- 4:00pm	12:00pm- 4:00pm	12:00pm- 4:00pm 7:00pm- 8:30pm	12:00pm- 4:00pm 6:00pm- 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)	9:00am-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).