



NEW BEDFORD AQUATICS

POOL SCHEDULE: FEBRUARY 24TH TO APRIL 7, 2025



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

OPEN SWIM

| | | | | | | |
|---------------------------------|-----------------|----------------------------------|-----------------------------------|-----------------------------------|----------------|----------------|
| 12:00pm-4:00pm 6:30pm-8:30pm | 12:00pm- 4:00pm | 12:00pm- 4:00pm 6:30pm-8:30pm | 12:00pm- 4:00pm 7:30pm- 8:30pm | 12:00pm- 2:30pm 7:00pm- 8:30pm | 12:00pm-4:30pm | 12:00pm-4:30pm |
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WATER AEROBICS

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|----------------------------|-------------------------|----------------------------|-------------------------|--|--|--|
| 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).