



NEW BEDFORD AQUATICS

POOL SCHEDULE: JUNE 23, 2025 TO AUGUST 17, 2025



MON

TUES

WED

THURS

FRI

SAT

SUN

LAP SWIM

5:00am-8:30am (4) 8:30am-4:00pm (2) 4:00pm-4:30pm (4) 4:30pm-8:00pm (0) 8:00pm-8:45pm (4)	5:00am-9:00am (4) 9:00am- 10:00am (2) 10:00am-1:00pm (4) 1:00pm-4:30pm (2) 4:30pm- 6:30pm (0) 6:30pm-7:30pm (1) 7:30pm- 8:00pm (2) 8:00pm-8:45pm (4)	5:00am-8:30am (4) 8:30am-4:00pm (2) 4:00pm-4:30pm (4) 4:30pm- 8:00pm (0) 8:00pm- 8:45pm (4)	5:00am-9:00am (4) 9:00am- 10:00am (2) 10:00am-1:00pm (3) 1:00pm-4:00pm (4) 4:00pm-4:30pm (2) 4:30pm- 7:30pm (0) 7:30pm-8:00pm (1) 8:00pm-8:45pm (2)	5:00am-10:00am (4) 10:00am-4:30pm (2) 4:30pm-6:30pm (0) 6:30pm-8:45pm (4)	7:00am-9:00am (4) 9:00am-10:00am (1) 10:00am-12:00pm (0) 12:00pm-4:45pm (2)	7:00am-12:45pm (4)
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OPEN SWIM

7:00pm-8:30pm

11:00am-1:00pm
6:30pm-8:30pm

7:00pm-8:30pm

1:00pm- 4:00pm
7:30pm- 8:30pm

6:30pm-8:30pm

12:00pm-4:30pm

11:00am-12:30pm

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).