ALL AGES

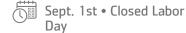
NEW BEDFORD POOL SCHEDULE

August 4th - September 1st, 2025



AQUATICS

IMPORTANT DATES:



MON **TUES** WED **THUR FRI** SAT SUN **LAP SWIM** 5:00am-8:30am (4) 5:00am-8:30am (4) 5:00am-9:30am (4) 7:00am-9:00am (4) 5:00am-9:00am (4) 5:00am-9:00am (4) 7:00am-12:45pm (4) 8:30am-4:00pm (2) 4:00pm-4:30pm (4) 8:30am-4:00pm (2) 9:00am-10:00am (2) 9:00am-12:00pm (2) 9:30am-6:30pm (2) 9:00am-10:00am (1) 12:00pm-4:00pm (4) 4:00pm-7:30pm (2) 10:00am-12:00pm(0) 4:00pm-4:30pm (4) 10:00am-1:00pm (4) 6:30pm-8:45pm (4) 4:30pm-7:00pm (3) 1:00pm-4:30pm (2) 4:30pm-7:00pm (3) 12:00pm-4:45pm (4) 7:00pm-8:45pm (4) 7:30pm-8:45pm (3) 4:30pm-7:30pm (1) 7:00pm-8:45pm (4) 7:30pm-8:00pm (2) 8:00pm-8:45pm (4) **OPEN SWIM** 12:00pm-4:00pm 11:00am-1:00pm 6:30pm-8:30pm 6:00pm-8:00pm 6:00pm-8:00pm 12:00pm-4:30pm 11:00am-12:30pm 7:30pm-8:30pm 7:00pm-8:30pm **H20 EX LANE** 5:00am-11:00am 5:00am-11:00am 5:00am-11:00am 5:00am-11:00am 7:00am-9:00am 5:00am-11:00am 7:00am-11:00am **AQUACISE** 8:30am-8:30am-9:15am(shallow) 9:45am(deep) 9:15am(shallow) 9:45am(deep)

COLOR CODES:

OTHER NOTES: Thursday lap swim

and open swim subject to change

without notice based on weather

for camp beach day.



We reserve the right to make changes at any time. Participants must register to partake in programs.



AQUATICS

BRANCHPOOL RULES

YMCA SOUTHCOAST & COMMONWEALTH OF MASSACHUSETTS AQUATIC SAFETY PROCEDURES



EVERYONE

- All persons using the swimming pool must take a cleansing shower before entering the pool.
- Any person having an infectious, communicable disease or open wound is prohibited from using a public pool.
- Contamination of any surfaces with bodily fluids in the pool area or locker rooms is strictly prohibited
- Long hair must be braided, worn in a ponytail(s) or restrained under a swim cap.
- Instructional floatation equipment/toys/objects may not be used without permission from the aquatic staff or under special supervision by a YMCA employee. Use of USCG approved floatation devices encouraged.
- Jumping and Diving ONLY permitted during supervised swim programs.
- No extended breath-holding. Swimmers must surface to breathe at a distance of every 3 body lengths.
- Rough-housing and horseplay are not acceptable pool behaviors.
- Breaking rules will result either in 1 warning and then suspension OR immediate suspension from the pool area
 depending upon the severity of the action/inaction.
- The lifeguard is the final authority on all actions and discipline within the pool area to ensure and maintain a safe environment.

CHILDREN/GUARDIAN

- Infants and incontinent individuals must wear rubber pants or swim diapers.
- All children will be tested and marked according to swim ability. Aquatic staff reserve the right to deep water test
 any adult and/or deny any adult with a child, entry into deep water.
- Children 0 7 years of age MUST be accompanied by an adult (over 18) IN THE WATER and stay within an arm's reach AT ALL TIMES.
- Children 8 + years old are eligible for deep water test; if child passes, adult does not have to accompany child in water, but MUST REMAIN IN POOL AREA TO SUPERVISE if the child is 8-9 years.
- If a child is 10-11 years and passes either test, adult MUST REMAIN IN THE BUILDING, but is not required on pool
 deck
- See lifeguard on duty for test requirements. A parent may not be responsible for more than 4 children in the
 pool at one time. Of the maximum of 4 children, NO MORE THAN 2 can be non-swimmers (0-5 years or unable
 to pass shallow/deep water tests).
- OPEN SWIM For individuals/families of all ages to enjoy unstructured activities in the pool.
- PARENT/TOT For families with children 0-5 years of age to enjoy unstructured activities in the pool.
- INCLUSIVE SWIM For individuals having special physical/cognitive needs requiring a quieter environment.
- LAP SWIM For individuals swimming lengths/laps for exercise children must be deep-water test qualified.

