

ALL AGES

NEW BEDFORD
POOL SCHEDULE

August 4th – September 1st, 2025



AQUATICS

IMPORTANT DATES:

 Sept. 1st • Closed Labor Day

MON	TUES	WED	THUR	FRI	SAT	SUN
LAP SWIM						
5:00am-8:30am (4) 8:30am-4:00pm (2) 4:00pm-4:30pm (4) 4:30pm-7:00pm (3) 7:00pm-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-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-7:00pm (3) 7:00pm-8:45pm (4)	5:00am-9:00am (4) 9:00am-12:00pm (2) 12:00pm-4:00pm (4) 4:00pm-7:30pm (2) 7:30pm-8:45pm (3)	5:00am-9:30am (4) 9:30am-6:30pm (2) 6:30pm-8:45pm (4)	7:00am-9:00am (4) 9:00am-10:00am (1) 10:00am-12:00pm (0) 12:00pm-4:45pm (4)	7:00am-12:45pm (4)
OPEN SWIM						
6:00pm-8:00pm	11:00am-1:00pm 7:00pm-8:30pm	6:00pm-8:00pm	12:00pm-4:00pm 7:30pm-8:30pm	6:30pm-8:30pm	12:00pm-4:30pm	11:00am-12:30pm
H2O EX LANE						
5:00am-11:00am	5:00am-11:00am	5:00am-11:00am	5:00am-11:00am	5:00am-11:00am	7:00am-9:00am	7:00am-11:00am
AQUACISE						
8:30am-9:15am(shallow)	9:00am-9:45am(deep)	8:30am-9:15am(shallow)	9:00am-9:45am(deep)			

OTHER NOTES: Thursday lap swim and open swim subject to change without notice based on weather for camp beach day.

COLOR CODES:

-  Open Swim
-  Lap Swim
-  H2O EX Lane
-  H2O EX Lane
-  Aquacise

AREA FOR QR code if desired.

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

BRANCH POOL RULES

YMCA SOUTHCOAST & COMMONWEALTH OF MASSACHUSETTS AQUATIC SAFETY PROCEDURES

 <p>ALL CHILDREN UNDER 18 MUST TAKE A SWIM TEST PRIOR TO ENTERING THE DEEP END.</p>	 <p>WALK IN POOL AREA. CLEAN FOOTWEAR ALLOWED ON DECK.</p>	<p>NO PHOTOS OR VIDEOS ALLOWED ON POOL DECK, VIEWING AREA, OR IN LOCKER ROOMS.</p> 	 <p>POOL WILL ONLY OPEN WHEN A CERTIFIED LIFEGUARD IS ON DUTY.</p>
<p>NO STROLLERS ON THE POOL DECK.</p> 	 <p>OBEY THE LIFEGUARD AT ALL TIMES.</p>	<p>ONLY COAST GUARD APPROVED PERSONAL FLOTATION DEVICES (PFDS) ALLOWED.</p> 	<p>APPROPRIATE, CLEAN SWIMWEAR REQUIRED.</p> 
 <p>NO GLASS ALLOWED ON THE POOL DECK.</p>			

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 flotation 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.



YMCA SOUTHCOAST

ymcasc.org

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Mattapoisett YMCA 508.758.4203 • New Bedford YMCA 508.997.0734 • Stoico/FIRSTFED YMCA 508.678.9622