ALL AGES

GLEASON FAMILY YMCA

December 1st - 21st, 2025



We reserve the right to make changes at any time.

AQUATICS



December 4th • 10:45AM-12:45PM 2 FEWER LAP LANES US Coast Guard Swim Testing

December 6th • 4PM EARLY POOL CLOSURE Monthly Aquatic Staff Training

December 11th • 12-2PM 3 FEWER LAP LANES Northeast Maritime Institute Rental

OTHER INFO:

ORR HIGH SCHOOL SWIM TEAM will be practicing Mon/Wed/Fri 3:00-5:00pm for December/January.

Southcoast Physical Therapy uses Lanes 5&6 Tuesdays 1-3pm and Fridays 8-10am

COLOR CODES:

Open Swim

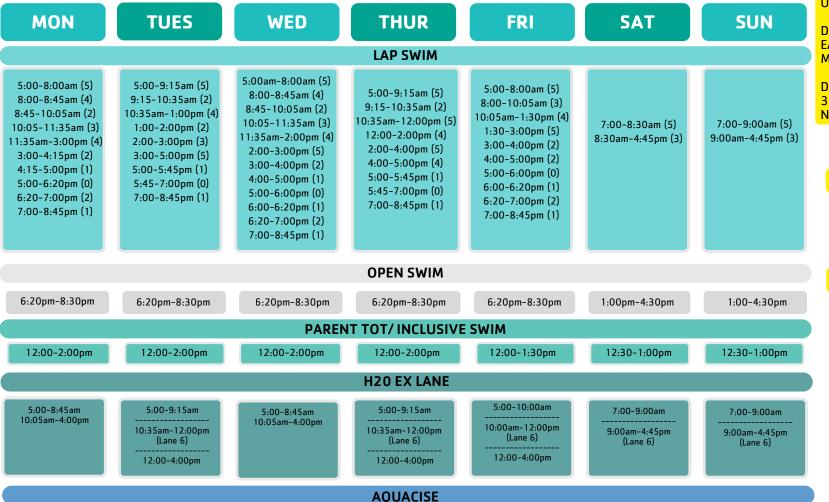
Lap Swim

Parent Tot/Inclusive Swim

H20 EX Lane

Aquacise

POOL SCHEDULE



9:30-10:30am

ymcasc.org

9:30-10:30am

9:00-10:00am

10:30-11:30am

9.00-10.00am

10:30-11:30am

AQUATICS

GLEASON FAMILY YMCA POOL 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.
- Infants and incontinent individuals must wear rubber pants or swim diapers.
- 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 should 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

- 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 5 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 6-7 years & 48" tall are eligible for shallow water test; if child passes, adult does not have to
 accompany child in water, but MUST REMAIN IN POOL AREA IN CLOSE PROXIMITY TO THE CHILD.
- Children 8 + years & 48" tall 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. Any child of 6+ years that doesn't meet the 48" height requirement or is unable to pass the shallow water
 test (regardless of their age), will be considered a non-swimmer and a parent will be required IN THE WATER
 with them within arm's reach AT ALL TIMES.
- See lifeguard on duty for further information on swim testing.



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