

ALL AGES

GLEASON FAMILY YMCA POOL SCHEDULE

December 1st - 21st, 2025



AQUATICS



IMPORTANT DATES:

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
- H2O EX Lane
- Aquacise

MON

TUES

WED

THUR

FRI

SAT

SUN

LAP SWIM

5:00-8:00am (5)
8:00-8:45am (4)
8:45-10:05am (2)
10:05-11:35am (3)
11:35am-3:00pm (4)
3:00-4:15pm (2)
4:15-5:00pm (1)
5:00-6:20pm (0)
6:20-7:00pm (2)
7:00-8:45pm (1)

5:00-9:15am (5)
9:15-10:35am (2)
10:35am-1:00pm (4)
1:00-2:00pm (2)
2:00-3:00pm (3)
3:00-5:00pm (5)
5:00-5:45pm (1)
5:45-7:00pm (0)
7:00-8:45pm (1)

5:00am-8:00am (5)
8:00-8:45am (4)
8:45-10:05am (2)
10:05-11:35am (3)
11:35am-2:00pm (4)
2:00-3:00pm (5)
3:00-4:00pm (2)
4:00-5:00pm (1)
5:00-6:00pm (0)
6:00-6:20pm (1)
6:20-7:00pm (2)
7:00-8:45pm (1)

5:00-9:15am (5)
9:15-10:35am (2)
10:35am-12:00pm (5)
12:00-2:00pm (4)
2:00-4:00pm (5)
4:00-5:00pm (4)
5:00-5:45pm (1)
5:45-7:00pm (0)
7:00-8:45pm (1)

5:00-8:00am (5)
8:00-10:05am (3)
10:05am-1:30pm (4)
1:30-3:00pm (5)
3:00-4:00pm (2)
4:00-5:00pm (2)
5:00-6:00pm (0)
6:00-6:20pm (1)
6:20-7:00pm (2)
7:00-8:45pm (1)

7:00-8:30am (5)
8:30am-4:45pm (3)

7:00-9:00am (5)
9:00am-4:45pm (3)

OPEN SWIM

6:20pm-8:30pm

6:20pm-8:30pm

6:20pm-8:30pm

6:20pm-8:30pm

6:20pm-8:30pm

1:00pm-4:30pm

1:00-4:30pm

PARENT TOT/ INCLUSIVE SWIM

12:00-2:00pm

12:00-2:00pm

12:00-2:00pm

12:00-2:00pm

12:00-1:30pm

12:30-1:00pm

12:30-1:00pm

H2O EX LANE

5:00-8:45am
10:05am-4:00pm

5:00-9:15am
10:35am-12:00pm
(Lane 6)
12:00-4:00pm

5:00-8:45am
10:05am-4:00pm

5:00-9:15am
10:35am-12:00pm
(Lane 6)
12:00-4:00pm

5:00-10:00am
10:00am-12:00pm
(Lane 6)
12:00-4:00pm

7:00-9:00am
9:00am-4:45pm
(Lane 6)

7:00-9:00am
9:00am-4:45pm
(Lane 6)

AQUACISE

9:00-10:00am
10:30-11:30am

9:30-10:30am

9:00-10:00am
10:30-11:30am

9:30-10:30am

We reserve the right to make changes at any time.



YMCA SOUTHCOAST

ymcasc.org

Dartmouth YMCA 508.996.3361 • Fall River YMCA 508.675.7841 • Gleason Family YMCA 508.295.9622

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

SWIMMERS • ALL AGES

GLEASON FAMILY YMCA POOL RULES

AQUATICS

YMCA SOUTHCOAST & COMMONWEALTH OF MASSACHUSETTS AQUATIC SAFETY PROCEDURES

 ALL CHILDREN UNDER 16 MUST TAKE A SWIM TEST PRIOR TO ENTERING THE WATER.	 WALK IN POOL AREA. CLEAN FOOTWEAR ALLOWED ON DECK.	NO PHOTOS OR VIDEOS ALLOWED IN LOCKER ROOMS. 	 POOL WILL ONLY OPEN WHEN A CERTIFIED LIFEGUARD IS ON DUTY.
COMPETITIVE AND REPETITIVE BREATH HOLDING ARE PROHIBITED. 	 OBEY THE LIFEGUARD AT ALL TIMES.	ONLY COAST GUARD APPROVED PERSONAL FLOTATION DEVICES (PFDS) ALLOWED. 	APPROPRIATE, CLEAN SWIMWEAR REQUIRED. 
 NO GLASS ALLOWED ON THE POOL DECK.			

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 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 flotation 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.

- **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.



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