

ALL AGES

NEW BEDFORD POOL SCHEDULE

DECEMBER 21ST - December 28TH, 2025



AQUATICS



MON

TUES

WED

THUR

FRI

SAT

SUN

LAP SWIM

5:00-8:30am (4)
8:30-9:30am (2)
9:30-1:00pm (4)
1:00-3:00pm (2)
3:00-4:30pm (4)
4:30-7:00pm (1)
7:00-8:00pm (0)
8:00-8:45pm (4)

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

5:00-8:30am (4)
8:30-9:30am (2)
9:30-11:45am (4)

CLOSED:
MERRY CHRISTMAS

5:00-10:00am (4)
10:00am-11:30am (2)
11:30-8:45pm (4)

7:00-4:45pm (4)

7:00-4:45pm (4)

OPEN SWIM

12pm-1:00pm
3:00pm-4:30pm
7:00pm-8:30pm

12pm-1pm
3:00pm-4:30pm
7:30pm-8:30pm

12pm-4:30pm
6pm-8:30pm

12pm-4:30pm

12pm-4:30pm

WATER AEROBIC CLASSES

8:30-9:15am
(shallow)

9:00-9:45am
(deep)

8:30-9:15am
(shallow)

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

COLOR CODES:

- Open Swim
- Lap SWim
- Water Aerobic Classes



YMCA SOUTHCOST
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

NEW BEDFORD POOL RULES

YMCA SOUTHCOST & 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 GLASS ALLOWED 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> 

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 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

- 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).



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