

ALL AGES

NEW BEDFORD POOL SCHEDULE

January 5th – February 15th, 2026



AQUATICS



MON

TUES

WED

THUR

FRI

SAT

SUN

LAP SWIM

5:00–8:30am (4)	5:00–9:00am (4)	5:00–8:30am (4)	5:00–9:00am (4)	5:00–11:00am (4)	7:00–9:00am (4)	7am–9am (2)
8:30–9:30am (2)	9:00–10:00am (2)	8:30–9:30am (2)	9:00–10:00am (2)	11:00–12:00pm (2)	9:00–10:00am (1)	9am–4:45pm (4)
9:30am–4:30pm(4)	10:00am–4:30pm (4)	9:30am–4:30pm (4)	10:00am–4:30pm (4)	12:00–3:30pm (3)	10:00am 12:00pm(0)	
4:30–7:30pm (0)	4:30–8:00pm (0)	4:30–8:30pm (0)	4:30–7:30pm (0)	4:30–7:30pm (0)	12:00–4:45pm (4)	
7:30–8:45pm (2)	8:00–8:45pm (4)	8:30–8:45pm (4)	7:30–8:45pm (3)	7:30–8:45pm (4)		

OPEN SWIM

12pm–1:30pm 3:00pm–4:00pm	12pm–4pm 8:00pm–8:30pm	12pm–4pm 7:30pm–8:30pm	12pm–4pm 7:30pm–8:30pm	12pm–2pm 7pm–8:30pm	12pm–4:30pm	12pm–4:30pm
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WATER AEROBIC CLASSES

8:30–9:15am (shallow)	9:00–9:45am (deep)	8:30–9:15am (shallow)	9:00–9:45am (deep)			
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 **IMPORTANT DATES:**
Jan. 23rd, 2026: Kids Night Out: Open Swim starts at 8pm

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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