ALL AGES

GLEASON FAMILY YMCA
POOL SCHEDULE

February 26th – March 22nd, 2026

AQUATICS

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) 3:00-4:00pm (5) 4:00-6:00pm (4) 6:00-6:20pm (2) 6:20-7:00pm (3) 7:00-8:45pm (2)	5:00-9:15am (5) 9:15-10:35am (2) 10:35am-12:00pm (2) 12:00-1:00pm (4) 1:00-2:00pm (2) 2:00-3:00pm (3) 3:00-5:45pm (4) 5:45-7:00pm (0) 7:00-8:45pm (2)	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) 2:00-4:00pm (5) 4:00-5:00pm (2) 5:00-6:00pm (4) 6:00-6:20pm (2) 6:20-7:00pm (3) 7:00-8:45pm (2)	5:00-9:15am (5) 9:15-10:35am (2) 10:35am-12:00pm (5) 12:00-2:00pm (4) 2:00-3:00pm (5) 3:00-5:45pm (4) 5:45-7:00pm (0) 7:00-8:45pm (2)	5:00-8:00am (5) 8:00-10:05am (3) 10:05am-2:00pm (4) 2:00-4:00pm (5) 4:00-6:00pm (4) 6:00-6:20pm (2) 6:20-7:00pm (3) 7:00-8:45pm (2)	7:00-8:30am (5) 8:30am-4:45pm (3)	7:00-9:00am (5) 9:00am-4:45pm (3)
OPEN SWIM						
7:00pm-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						
11:30am-2:00pm	12:00-1:00pm	11:30am-2:00pm	12:30-2:00pm	12:00-2:00pm	12:00-1:00pm	12:00-1:00pm
H20 EX LANE						
5:00-8:45am 10:05am-4:00pm	5:00-9:15am 10:35am-4:00pm	5:00-8:45am 10:05am-4:00pm	5:00-9:15am 10:35am-4:00pm	5:00-10:00am 10:00am-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.

IMPORTANT DATES:

February 28th LANES LIMITED
Lifeguard Course
8:30am-4:45pm

March 1st THREE LANES LIMITED
Northeast Maritime Institute
12:00-2:00pm

March 8th EARLY CLOSURE 12:30pm
Last Gasp Swim Meet

PLEASE NOTE OUR THURSDAY SCHEDULE VARIES

March 5th THREE LANES LIMITED
Mass Maritime Institute
12:00-3:00pm

March 12th THREE LANES LIMITED
NOAA Fisheries
1:00-3:45pm

March 19th THREE LANES LIMITED
Mass Maritime Institute
12:00-3:00pm

March 26th THREE LANES LIMITED
Northeast Maritime Institute
12:00-3:00pm

COLOR CODES:

- Open Swim
- Lap Swim
- Parent Tot/Inclusive Swim
- H20 EX Lane
- Aquacise

SWIMMERS • ALL AGES

AQUATICS

GLEASON FAMILY YMCA
POOL RULES

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.

COMPETITVE AND REPETITIVE BREATH HOLDING ARE PROHIBITED.

OBEY THE LIFEGUARD AT ALL TIMES.

NO GLASS ALLOWED ON THE POOL DECK.

ONLY COAST GUARD APPROVED PERSONAL FLOTATION DEVICES (PFDS) ALLOWED.

APPROPRIATE, CLEAN SWIMWEAR REQUIRED.

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.

- 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.