

ALL AGES

NEW BEDFORD POOL SCHEDULE

July 6th – August 16th, 2026



AQUATICS



MON	TUES	WED	THUR	FRI	SAT	SUN
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LAP SWIM

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

7:00pm-8:30pm	11:00-12:00pm 7:30pm-8:30pm	7:00pm-8:30pm	12:00-4:00pm	6:30pm-8:30pm	12:00-4:30pm	11am-12:30pm
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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:
CLOSED FOR JULY 4TH: INDEPENDENCE DAY

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