

ALL AGES

NEW BEDFORD POOL SCHEDULE

July 6th – August 16th, 2026



AQUATICS

MON

TUES

WED

THUR

FRI

SAT

SUN

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)

5:00-8:30am (4)
8:30-4:30pm (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)

OPEN SWIM

7:00pm-8:30pm

11:00-1:00pm
2:00-4:00pm
7:30pm-8:30pm

11:30am-1:30pm
7:00pm-8:30pm

12:00-4:00pm

11:30am-1:30pm
6:30pm-8:30pm

12:00-4:30pm

11am-12:30pm

WATER AEROBIC CLASSES

8:30-9:15am
(shallow)

9:00-9:45am
(deep)

8:30-9:15am
(shallow)

9:00-9:45am
(deep)



IMPORTANT DATES:

JULY 23RD: LAP LANES REDUCED FROM 11:00AM-1:00PM

JULY 30TH: LAP LANES REDUCED FROM 11:00AM-12:00PM

AUGUST 20TH: LAP LANES REDUCED FROM 11:00AM-12:00PM

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



ALL CHILDREN UNDER 18 MUST TAKE A SWIM TEST PRIOR TO ENTERING THE DEEP END.



WALK IN POOL AREA. CLEAN FOOTWEAR ALLOWED ON DECK.



NO PHOTOS OR VIDEOS ALLOWED ON POOL DECK, VIEWING AREA, OR IN LOCKER ROOMS.



POOL WILL ONLY OPEN WHEN A CERTIFIED LIFEGUARD IS ON DUTY.



NO GLASS ALLOWED ON THE POOL DECK.



OBEY THE LIFEGUARD AT ALL TIMES.



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.
- 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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