



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DARTMOUTH YMCA

POOL SCHEDULE

MEMBERS ONLY* UPDATED 8/4

AUGUST 3RD – AUGUST 8TH



MONDAY

Lap Swim
7am–7:45am (4)
8am–8:45 am (2)

Water Aerobics
8am–8:45am

Lap Swim
4pm–5:45pm (2)

Family Swim
4pm–5:45pm

TUESDAY

Lap Swim
7am–7:45am (4)
8am–8:45am (2)

Water Aerobics
8am–8:45am

Lap Swim
4pm–5:45pm (2)

Family Swim
4pm–5:45pm

WEDNESDAY

Lap Swim
7am–7:45am (4)
8am–8:45am (2)

Water Aerobics
8am–8:45am

Lap Swim
4pm–5:45pm (2)

Family Swim
4pm–5:45pm

THURSDAY

Lap Swim
7am–7:45am (4)
8am–8:45am (2)

Water Aerobics
8am–8:45am

Lap Swim
4pm–5:45pm (2)
NO LAPS 8/6

Family Swim
4pm–5:45pm
CLOSED 8/6

FRIDAY

Lap Swim
7am–7:45am (4)
8am–8:45am (2)

Water Aerobics
8am–8:45am

Lap Swim
4pm–5:45pm (2)

Family Swim
4pm–5:45pm

SATURDAY

Lap Swim
9am–10am (5)
10am–1:45 (2)

Family Swim
10am–1:45pm

Water Aerobics Schedule

Weeks of 7/27 – 8/7

Monday
Tuesday H2O Cardio
Wednesday H2O Deep
Thursday H2O Interval
Friday

Donna
Tiffany
Tiffany
Tiffany
Donna

Dartmouth YMCA Guest Pool Policies

- Our outdoor pool is for YMCA Southcoast members and Nationwide Reciprocity Members.
- Guests may only gain admittance to the outdoor pool while accompanied by a current member.
- Members may bring a maximum of 2 guests per visit.
- All guests are required to pay the day pass rate according to their age bracket.
- All youth under the age of 12 must be accompanied by a parent or legal guardian.
- An Adult (non-member) required to accompany a youth member to comply with pool policy will be charged \$5 per visit. They will be considered "Adult Supervisors."
- Guests under the age of 18 must have a waiver signed and completed by their parent/legal guardian and on file before admittance can be granted to the pool.
- **Guest admittance may be limited at the discretion of the Y staff at any given time due to pool capacity.**

Dartmouth YMCA Family Swim Policies

- An adult (18+) must accompany a child 7 years or younger in the pool within arm's reach of the child.
- Children 8-10 years old must pass the swim test to be allowed in the deep end of the pool. Parents must remain in the pool area.
- Children 10 years and older can be in the pool area alone but a parent must remain on the Y premises.
- Only 2 children under the age of 6 are allowed per 1 adult, 4 children maximum per adult.
- Personal flotation equipment/toys/objects may not be used or brought to the pool area. Use of USCG approved flotation devices encouraged.