ALL AGES

GLEASON FAMILY YMCA
POOL SCHEDULE

August 31st – September 8th, 2026

AQUATICS

IMPORTANT DATES:

TUESDAY
September 8th 12-2pm
NO H2O Ex Lane
Parent Tot/Inclusive Swim
KIDDIE POOL ONLY
ONE LAP LANE

	MON	TUES	WED	THUR	FRI	SAT	SUN
LAP SWIM	5:00-8:00am (5) 8:00-8:45am (4) 8:45-10:05am (2) 10:05am-3:00pm (4) 3:00-4:00pm (5) 4:00-6:20pm (4) 6:20-8:45pm (5)	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) 3:00-4:00pm (4) 4:00-6:20pm (3) 6:20-8:45pm (4)	5:00am-8:00am (5) 8:00-8:45am (4) 8:45-10:05am (2) 10:05am-2:00pm (4) 2:00-4:00pm (5) 4:00-6:00pm (3) 6:00-6:20pm (0) 6:20-8:45pm (1)	5:00-9:15am (5) 9:15-10:35am (2) 10:35am-12:00pm (5) 12:00-4:00pm (4) 4:00-6:20pm (3) 6:20-8:45pm (5)	5:00-8:00am (5) 8:00-10:05am (3) 10:05am-6:20pm (4) 6:20-8:45pm (5)	7:00-8:30am (5) 8:30am-4:45pm (3)	7:00-9:00am (5) 9:00am-4:45pm (3)
OPEN SWIM	6:20pm-8:30pm	6:20pm-8:30pm	6:20pm-8:30pm	6:20pm-8:30pm	6:20pm-8:30pm	1:00pm-4:30pm	1:00pm-4:30pm
PARENT TOT/ INCLUSIVE SWIM	10:05am-2:00pm	12:00-1:00pm	10:05am-2:00pm	12:30-4:00pm	12:00-4:00pm	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 --- 4:00-8:45pm (Lane 6)	7:00-9:00am --- 9:00am-4:45pm (Lane 6)	7:00-9:00am --- 9:00am-4:45pm (Lane 6)
WATER AEROBICS	9:00-10:00am	9:30-10:30am	9:00-10:00am	9:30-10:30am			

We reserve the right to make changes at any time.

COLOR CODES:

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

the YMCA

YMCA SOUTHCOAST
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

SWIMMERS • ALL AGES

AQUATICS

GLEASON FAMILY YMCA
POOL RULES

YMCA SOUTHCOAST & COMMONWEALTH OF MASSACHUSETTS AQUATIC SAFETY PROCEDURES

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.

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