

ALL AGES

NEW BEDFORD POOL SCHEDULE

August 17th - August 30th, 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)
4:30-7:00pm (3)
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)
4:30-8:45pm (4)

5:00-8:30am (4)
8:30-4:00pm (2)
4:00-4:30pm (3)
4:30-7:00pm (3)
7:00-8:00pm (4)
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)
4:30-8:45pm (4)

5:00-8:30am (4)
8:30-4:30pm (2)
4:30-7:30pm (4)
7:30-8:45pm (4)

7:00-9:00am (4)
9:00-4:45pm (4)

7am-12:45pm (4)

OPEN SWIM

7:00pm-8:30pm

11:00-1:00pm
2:00-4:00pm
6:30pm-8:30pm

11:30am-1:30pm
6:00pm-8:30pm

12:00-4:00pm
6:30-8:30pm

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.



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

COLOR CODES:

- Open Swim
- Lap SWim
- Water Aerobic Classes

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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