

ALL AGES

GLEASON FAMILY YMCA POOL SCHEDULE

September 28th - October 25th, 2026



AQUATICS



IMPORTANT DATES:

Saturday
September 12th
POOL CLOSED AT 4PM
Aquatic Staff Training

Thursday
September 24th
THREE LANES LIMITED
12:00-2:00pm

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) 4:00-5:00pm (4) 5:00-6:20pm (0) 6:20-7:00pm (2) 7:00-8:45pm (1)	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) 4:00-5:00pm (3) 5:00-6:00pm (1) 6:00-7:15pm (0) 7:15-8:45pm (2)	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) 4:00-5:00pm (4) 5:00-6:20pm (0) 6:20-7:00pm (2) 7:00-8:45pm (1)	5:00-9:15am (5) 9:15-10:35am (2) 10:35am-12:00pm (5) 12:00-4:00pm (4) 4:00-5:00pm (3) 5:00-6:00pm (1) 6:00-7:15pm (0) 7:15-8:45pm (2)	5:00-8:00am (5) 8:00-10:05am (3) 10:05am-5:00pm (4) 5:00-6:20pm (0) 6:20-7:00pm (2) 7:00-8:45pm (1)	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	7:15pm-8:30pm	6:20pm-8:30pm	7:15pm-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
H2O 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
- H2O EX Lane
- Aquacise



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

GLEASON FAMILY YMCA POOL RULES

AQUATICS

YMCA SOUTHCOAST & COMMONWEALTH OF MASSACHUSETTS AQUATIC SAFETY PROCEDURES

 ALL CHILDREN UNDER 16 MUST TAKE A SWIM TEST PRIOR TO ENTERING THE WATER.	 WALK IN POOL AREA. CLEAN FOOTWEAR ALLOWED ON DECK.	NO PHOTOS OR VIDEOS ALLOWED IN LOCKER ROOMS. 	 POOL WILL ONLY OPEN WHEN A CERTIFIED LIFEGUARD IS ON DUTY.
COMPETITIVE AND REPETITIVE BREATH HOLDING ARE PROHIBITED. 	 OBEY THE LIFEGUARD AT ALL TIMES.	ONLY COAST GUARD APPROVED PERSONAL FLOTATION DEVICES (PFDS) ALLOWED. 	APPROPRIATE, CLEAN SWIMWEAR REQUIRED. 
 NO GLASS ALLOWED ON THE POOL DECK.			

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 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

- 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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