ALL AGES

NEW BEDFORD POOL SCHEDULE

September 13th – October 25th, 2026

AQUATICS

MON	TUES	WED	THUR	FRI	SAT	SUN
LAP SWIM						
5:00-8:30am (4) 8:30-9:30am (2) 9:30-1:30pm (4) 1:30-3:00pm (3) 3:00-4:30pm (4) 4:30-6:30pm (0) 6:30-8:45pm (2)	5:00-9:00am (4) 9:00-10:00am (2) 10:00-4:00pm (4) 4:00-4:30pm (3) 4:30-8:00pm (0) 8:00-8:45pm (4)	5:00-8:30am (4) 8:30-9:30am (2) 9:30-4:30pm (4) 4:30-7:00pm (0) 7:00-8:45pm (2)	5:00-9:00am (4) 9:00-10:00am (2) 10:00-4:30pm (4) 4:30-8:00pm (0) 8:00-8:45pm (2)	5:00-8:30am (4) 8:30-9:30am (2) 9:30-4:30pm (4) 4:30-7:30pm (0) 7:30-8:45pm (4)	7:00-10:00am (4) 10:00-12:00pm (2) 12:00-4:45pm (4)	7am-4:45pm (4)
OPEN SWIM						
12:00-1:30pm 3:00-4:00pm	12:00-4:00pm 8:00pm-8:30pm	12:00-4:00pm	12:00-4:00pm 8:00-8:30pm	12:00-4:00pm 6:30-8:30pm	12:00-4:30pm	12:00-4:30pm
WATER AEROBIC CLASSES						
8:30-9:15am (shallow)	9:00-9:45am (deep)	8:30-9:15am (shallow)	9:00-9:45am (deep)	8:30-9:15am (shallow)		

IMPORTANT DATES: OCT: 10TH: Pool Closed 12pm-5pm for swim meet
OCT. 21-23: Pool Closed for maintenance

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

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

NEW BEDFORD POOL RULES

YMCA SOUTHCOAST & 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.

OBEY THE LIFEGUARD AT ALL TIMES.

NO GLASS ALLOWED ON THE POOL DECK.

ONLY COAST GUARD APPROVED PERSONAL FLOTATION DEVISES (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 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

- 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).