ALL AGES

NEW BEDFORD POOL SCHEDULE

October 26th – December 20th, 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	12:00-12:45pm 1:30-4:00pm 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:
November 20th: Kids Night Out: Open Swim delayed until 8pm
November 21th: Teens Night Out: After Hours (Registration Required)
November 26th: Thanksgiving Day: Open 7am-11am only
December 18th: Kids Night Out: Open Swim delayed until 8pm
December 19th: Teen Night Out: After hours (Registration Required)

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



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).