

NEW BEDFORD YMCA POOL SCHEDULE

THE POOL SCHEDULE IS EFFECTIVE June 28-July 24, 2010 ONLY

THE NUMBER OF LAP LANES MAY CHANGE DUE TO POOL USAGE, AND PROGRAMMING.

For any questions regarding this schedule or the pool
contact George Morrison at 508-997-0734 x22

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAP SWIM	<p>Closed .on Sundays until after Labor Day.</p> <p>Have a great Summer!</p>	5:30-8:00 AM (4) 8:00-9:00 AM (3) <i>9:00-9:45 AM (0)</i> 9:45-12:00 PM (1) 12:00-1:00 PM (4) 1:00-2:00 PM (1) 2:00-4:30 PM (2) 4:30-5:30 PM (2) <i>5:30-6:30 PM (0)</i> 6:30-7:15 PM (2) 7:15-8:15 PM (4)	5:30-9:00 AM (4) <i>9:00-10:00 AM (0)</i> 10:00-11:00AM (1) 11:00-12:00AM (1) 12:00-1:00 PM (3) 1:00-3:45 PM (1) 3:45-5:30 PM (3) 5:30-7:15 PM (2) 7:15-8:15 PM (4)	5:30-8:00 AM (4) 8:00-9:00 AM (3) <i>9:00-9:45 AM (0)</i> 9:45-12:00 PM (1) 12:00-1:00 PM (4) 1:00-2:00 PM (1) 2:00-4:30 PM (2) 4:30-5:30 PM (2) <i>5:30-6:30 PM (0)</i> 6:30-7:15 PM (2) 7:15-8:15 PM (4)	5:30-9:00 AM (4) <i>9:00-10:00 AM (0)</i> 10:00-11:00AM (1) 11:00-12:00AM (1) 12:00-1:00 PM (2) 1:00-3:45 PM (1) 3:45-5:30 PM (3) 5:30-7:15 PM (2) 7:15-8:15 PM (4)	5:30-8:00 AM (4) 8:00-9:00 AM (3) <i>9:00-9:45 AM (0)</i> 9:45-12:00 PM (1) 12:00-1:00 PM (4) 1:00-4:30 PM (2) 4:30-7:00 PM (1) 7:00-7:45 PM (4)	7:30-9:00 AM (4) 9:00-12:15 AM (2) 12:15-2:00 PM (2) 2:00-3:45 PM (4)
FAMILY SWIM		12:00-4:00 PM 6:30 PM-8:15 PM	1:00-3:30 PM 6:30 PM-8:15 PM	12:00-4:00 PM 6:30 PM-8:15 PM	12:00-3:30 PM 6:30 PM-8:15 PM	12:00-4:00 PM 6:30 PM-7:45 PM	12:00-3:45 PM
YOUTH SWIM		12:00-2:00 PM 7:15-8:15 PM	2:00-3:30 PM 7:15-8:15 PM	1:00-3:00 PM 7:15-8:15 PM	2:00-3:30 PM 7:15-8:15 PM	12:00-2:00 PM 7:00-7:45 PM	2:00-3:30 PM*
WATER VOLLEYBALL		9:45-11:00 AM		9:45-11:00 AM		9:45-11:00 AM	
WATER AEROBICS		8:00 - 8:45 AM 9:00-9:45 AM	5:00-5:45 PM	8:00 - 8:45 AM 9:00-9:45 AM	5:00-5:45 PM	8:00 - 8:45 AM 9:00-9:45 AM	
ARTHRITIS EXERCISE		11:00 - 12:00 PM		11:00 - 12:00 PM		11:00 - 12:00 PM	

Family Swim

- A Parent or Guardian (over 18) must accompany the child in the water during family swim. A Parent may not sit on the pool deck instead of being in the pool.
- Only two children under the age of 6 are allowed per one adult, 4 children maximum per adult
- All children must pass the deep water swim test before they will be allowed to swim in the deep end. (ability to swim 50 yards, tread water for 30 seconds, and back float for 30 seconds)
- Parents must stay within arms reach of children under the age of 5.
- We have flotation devices available, we do not allow water wings/blow up arm floats. Please see lifeguard for floatation device.

Youth Swim

- Children over the age of 8 may swim without a parent in the pool during this time
- All children must pass the deep water swim test before they will be allowed to swim in the deep end. (ability to swim 50 yards, tread water for 30 seconds, and back float for 30 seconds)

Lap Swim

- The number in () is the number of lanes available to lap swim
 - All lap swimmers must be over the age of 16 (or a member of the Hurricanes Swim Team) and be able to swim 1 lap of the pool without stopping
 - Lap lanes do get very crowded. When there are more than 3 people in a lane, the swimmers must circle swim (swim counter clockwise in each lane)
- We ask that all lap swimmers take caution of others in the lane, and be courteous during stretching or jogging in that lane.