FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DARTMOUTH YMCA

POOL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM ( ) DENOTES NUMBER OF LANES AVAILABLE	7:00-8:00AM (3) 8:00-9:00AM (1) 5:00-8:00PM(2)	7:00-8:00AM (3) 8:00-9:00AM (1) 5:00-5:30 (1) 5:30-8:00 (2)	7:00-8:00AM (3) 8:00-9:00AM (1) 5:00-8:00PM(2)	7:00-8:00AM (3) 8:00-9:00AM (1) 5:00-5:30 (1) 5:30-8:00 (2)	7:00-8:00AM (3) 8:00-9:00AM (1) 5:00-5:45PM (2) 5:45-6:30PM (1) 6:30-8:00PM (2)	9:00-10:00AM (3) 10:00-12:00PM (1) 12:00-4:00PM (2)	12:00-4:00pm (2)
AQUA AEROBICS	8:00-8:45M (4)	8:00-8:45M (4)	8:00-8:45M (4)	8:00-8:45M (4)	8:00-8:45M (4)		
FAMILY SWIM	5:00-6:00PM (2)^ 6:00-8:00PM (2)*	5:00-5:30PM (*) 5:30-6:00PM (2)^ 6:00-8:00PM (2)*	5:00-6:00PM (2)^ 6:00-8:00PM (2)*	5:00-5:30PM (*) 5:30-6:00PM (2)^ 6:00-8:00PM (2)*	5:00-5:30PM (3)^ 5:30-8:00PM (3)*	12:15-4:00PM (3)*	12:00-4:00PM (3)*
SWIM LESSONS	4:00-6:15PM	4:00-6:15PM	4:00-6:15PM	4:00-6:15PM		10:00am—12:00pm	
FACILITY RENT-ALS							

Pool schedule subject to change due to enrollment in lessons, water aerobics, pool parties & family swim at lifeguard's discretion

REVISED 5.25.17

POOL LEGEND
^no shallow family area available
*Includes use of shallow family area

KEEPING OUR SWIMMERS SAFE

POOL RULES:

- Swimming is only allowed when a lifeguard is on duty
- All children under age 8 must have an adult in the water with them and within arms reach at all times
- Parents must remain present on the pool deck for children ages 9-11
- Parents must remain on site at the YMCA for any child under age 15
- All swimmers must shower before entering the pool as re-quired by the Board of Health
- No Diving
- No Running on the Pool Deck
- No Extended Breath Holding or underwater swimming All swim-mers under age 16 must take a swim test. Swimmers over age 16 may be swim tested if the lifeguard is uncertain of the swimmer's ability
- Bathing suits must be worn. No street clothes will be per-mitted.
- Young children must wear a swim diaper

YMCA CONTACT INFO

Executive Director: Mike Mahoney
mmahoney@ymcasouthcoast.org

WATER AEROBICS CLASSES

MONDAY: H2O POWER

A shallow end class designed for those who wish to obtain a full cardiovascular workout, while using the natural resistance of the water to help increase your strength, power, endurance

TUESDAY: H2O PUMP

A fun class providing low-impact alternative to traditional land aerobics with all the intensity. Aerobic activity combined with

WEDNESDAY: H2O DEEP

Take the plunge for a workout that is no impact. You'll use an aqua-jogger belt and perform a series of deep water running techniques to get the maximum benefit from water's natural resistance. No swimming experience necessary. Class will be

THURSDAY: H2O POWER

A shallow end class designed for those who wish to obtain a full cardiovascular workout, while using the natural resistance of the water to help increase your strength, power, endurance

FRIDAY: H2O COMBO

A combination of shallow water resistance exercises and deep water running. The class includes a variety of movements to incorporate all muscles to improve balance, coordination, and