



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

January 11th -February 17th, 2019

• When 6 lap lanes are available, 1 will be reserved as an exercise lane.

**\*The number of lap lanes may change due to unexpected pool use and programming without prior notice.**

**\*Lane lines will be removed /inserted 5-10 minutes prior to/after classes which will reduce the number available. Please plan accordingly!**

**\*Please call with questions or concerns.**

**We hope that you enjoy your swim and thank you for your cooperation in advance!**

# Gleason Family YMCA

## Pool Schedule

Contact: Danielle Gilmore, Aquatic Coordinator  
508.295.9622 x16 dgilmore@ymcasouthcoast.org

INDOOR POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM	5:15-8:30 (6) 8:30-9:30 (3) 9:30-10:45 (6) 10:45-12:15 (2) 12:15-4:00 (5) 4:00-4:45 (3) 4:45-6:15(2) 6:15-8:00 (1) 8:00-8:45 (2)	5:15-7:45 (6) 7:45-9:00 (3) 9:00-10:00 (6) 10:00-11:00 (5) 11:00-12:15 (2) 12:15-2:00 (5) 2:00-5:30 (3) 5:30-7:00 (0) 7:00-8:00 (2) 8:00-8:45 (3)	5:15-8:45 (6) 8:45-10:00 (3) 10:00-10:45 (6) 10:45-12:15 (2) 12:15-4:00 (5)* 4:00-6:15 (2) 6:15-7:00 (0) 7:00-8:00 (1) 8:00-8:45 (2)  <b>*Lanes Limited 1/9 &amp; 2/13 12:15-3:00pm</b>	5:15-7:45 (6) 7:45-9:00 (3) 9:00-11:00 (6) 11:00-12:15 (3) 12:15-4:00 (5)* <b>*VACUUMING 12:00-1:30</b> 4:00-5:30 (2) 5:30 -7:00 (0) 7:00-8:45 (2)	5:15-7:45 (6) 7:45-9:00 (1) 9:00 -10:00 (2) 10:00-11:00 (4) 11:00-12:30 (5) 12:30-2:00 (0) 2:00-4:00 (5) 4:00-6:15 (2) 6:15-8:00 (1)* 8:00-8:45 (2)  <b>*2/15 the pool will close at 6:00pm for our Polar Plunge special event</b>	7:00-8:45 (6) 8:45-12:00 (0) 12:00-3:00 (3) 3:00-4:45 (4)*  <b>*1/12 &amp; 2/9 the pool will close at 4:30pm for our Aquatic Training</b>  <b>*2/2 the pool will close at 11:45am for a swim meet</b>	7:00-9:45 (6) 9:45-2:00 (2) 2:00-4:45 (4)
OPEN SWIM	12:00-1:00pm Parent Tot ----- 2:00-4:00pm 6:30-8:00pm Open Swim	12:00-1:00pm Parent Tot ----- 1:00-4:00pm <b>5:30-7:00pm KP ONLY</b> 7:00-8:00pm Open Swim	1:15-2:00pm Parent Tot ----- 2:00-4:00pm 6:30-8:00pm Open Swim	12:00-1:00pm Parent Tot ----- 1:00-4:00pm Open Swim	2:00-3:00pm Parent Tot ----- 3:00-4:00pm 6:30-8:00pm Open Swim	1:00-4:45pm* Open Swim w/ slide & water features 2-4pm  <b>*1/12 &amp; 2/9 the pool will close at 4:30pm for our Aquatic Training</b>  <b>*2/2 the pool will close at 11:45am for a swim meet</b>	2:00-4:45pm Open Swim w/ slide & water features 2-4pm
SPECIAL NEEDS	12:00-2:00pm	12:00-1:00pm ----- <b>SOCO REHAB 2:00-4:00pm</b>	1:15-2:00pm	12:00-1:00pm	<b>SOCO REHAB 8:00-10:00am</b> ----- 2:00-3:00pm	12:00-1:00pm	1:00-2:00pm
WATER AEROBICS	8:45-9:30am Pam (AP) 11:00am- 12:00pm Jack's substitute (Aqua Yoga)	8:00-9:00am Leeandra (AP)	9:00-10:00am Pam (AC) 11:00am-12:00pm Richie (AC)	8:00-9:00am Leeandra (AP)	8:00-9:00am Pam (AC) 9:00-10:00am Sarah (Aqua Yoga) 10:00-10:30am Sarah (Aqua Meditation)		
STRETCH AND FLEX		11:00am-12:00pm Pam		11:00am-12:00pm Pam			

# YMCA SOUTHCOAST & COMMONWEALTH OF MASSACHUSETTS AQUATIC SAFETY PROCEDURES

- Pool will only be open when a certified lifeguard is on duty.
- 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.
- Appropriate, clean swimwear is required.
- Contamination of any surfaces with bodily fluids in the pool area or locker rooms is strictly prohibited.
- Infants and incontinent individuals must wear rubber pants or swim diapers.
- Long hair must be braided, worn in pony tail(s) or restrained under a swim cap.
- No glass containers, food or street shoes permitted in pool area.
- Personal 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.
- Please walk in pool area - only clean, appropriate indoor footwear allowed on deck.
- Diving permitted ONLY in marked areas. Jumping ONLY permitted during supervised swim programs.
- No extended breath-holding. Swimmers must surface to breathe at a distance of every 3 body lengths.
- 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 a parent or guardian (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 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).
- 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.

**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.

**SPECIAL NEEDS** – For individuals having special physical/cognitive needs requiring a quieter environment.

**LAP SWIM** - For individuals swimming lengths/laps for exercise – must be 10+ years and deep water test qualified.

## WATER EXERCISE CLASS DESCRIPTIONS

- **AQUAPUMP** - Moderate to high impact/intensity water workout; not recommended for beginner exercisers.
- **AQUACISE** - Low to moderate impact/intensity water workout; can be modified for all levels of exercisers.
- **BURN BABY BURN** - Moderate to high impact/intensity water workout; not recommended for beginner exercisers.
- **STRETCH & FLEX** - Low impact/intensity water workout; recommended for beginner/rehab exercisers.

**Gleason Family YMCA – A Division of YMCA Southcoast**

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