@ = Adult Lap 4/15/2024 - 4/21/2024

Pool Schedule- Winter 2024

| | | N | Nor | nda | у | | | Т | ue | sda | y | | | We | edn | esc | day | | | T | hur | sda | ay | | | Friday | | | | | |
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| 6:00a | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 6:00a |
| 7:00a | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 7:00a |
| 8:00a | | | | | | nter ness | | | | | | iter iess | | | | | | ter | | | | | | ater ness | | | | | | | 8:00a |
| 9:00a | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 9:00a |
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| 9:30a | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 9:30a |
| 10:00a | | - | - | | | I | _ | | <u> </u> | | | | _ | | <u> </u> | - | | | | | - | | | I | | | | - | | | 10:00a |
| 10:004 | | | | | | nter ness | | vim sons | | | | ter 1ess | | vim sons | | | | ter | | | | | | ater ness | | | | | Wa Fitn | | 10.004 |
| 10:30a | | | | | | iess | | | | | FILT | iess | | | | | | less | | | | | | | | | | | - FILM | ess | 10:30a |
| | | | | | | | | 1 | | | | | | 1 | | | | | | | | | | | | | | | | | 11.00 |
| 11:00a | | - | - | | <u>م</u> | qua | | | - | | <u>م</u> | Jua | | | - | - | <u>م</u> | ua | | | | | <u>م</u> | qau | | | - | | Aq | ua | 11:00a |
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| | Saturday | | | | | | | 9 | | | | | |
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Greater Lowell Family YMCA 35 YMCA Drive Lowell, MA 01852 (978) 454-7825

Aquatics Department

http://www.greaterlowellymca.org

Pool Schedule

Winter 2024 Season This Schedule effective from 4/15/2024 - 4/21/2024

POOL RULES

> Swimmers must shower before entering the pool > All members must WALK on deck > Hair longer than shoulrder length must be tied back > Obey the Lifeguard on duty at all times > No Horse Play will be tolerated > No Food or Drink allowed on Deck -Water in plastic bottles is acceptable > Diving and jumping in the deep end only - at the discretion of the Life Guard > No glass, gum or band-aids allowed in the pool > NO Recreational use of the starting blocks or diving board > Kickboards and pull buoys are only for lap swim and YMCA Programs > Inflatable floatation devices of any kind are not permitted Please use YMCA 'bubble belts' > Weak swimmers & non-swimmers must use the shallow end > Swimmers must pass an evaluation to use the deep end > Children under the age of 13 must be with an adult; under the age of 6 must have an adult in the water. @ = ADULT LAP SWIM ONLY; laps must be swam at this time. **Private Lessons by a YMCA Instructor** May be given at any time during pool hours For any age group Schedule is Subject to Change Without Notice

Revised: 3/19/2024