@ Adult Laps Only Pool Schedule-Fall 2024 11/18-11/24 Monday Tuesday Wednesday **Thursday Friday** 3 2 3 4 5 6 1 2 3 4 5 6 1 2 3 4 5 6 1 2 3 4 | 5 6 1 2 4 5 6 5:30a 5:30a 6:00a 6:00a 7:00a 7:00a Water Water Water Water 8:00a 8:00a Fitness Fitness Fitness Fitness 9:00a 9:00a Water Water Water Water Water Fitness Fitness **Fitness Fitness Fitness** 9:30a 9:30a 10:00a 10:00a Water Water Water Water Water Fitness Fitness Fitness Fitness Fitness 10:30a 10:30a 11:00a 11:00a Aqua Aqua Aqua Aqua Aqua 11:30a Arthritis Arthritis Arthritis 11:30a Arthritis Arthritis 12:00p 12:00p 12:30p 12:30p Bay Bay Bay Bay Bay 1:00p State State State State State 1:00p 1:30p 1:30p 2:00p 2:00p 2:30p 2:30p 3:00p 3:00p 3:30p 3:30p 4:00p 4:00p 4:30p 4:30p 5:00p 5:00p **a** | **a** a a a a 5:30p 5:30p **a** a Water Water Water **a** a a Fitness Fitness Fitness 6:00p 6:00p (a a a a **a** a a a **a** a GLYB GLYB GLYB GLYB 6:30p a a a (a) 6:30p GYLB <u>a</u> a a a 7:00p **@** 7:00p **a** 0 **a a a** a | a **a a a** (a) a a **a** a 7:30p a 7:30p a **a** a @ | @ a a a a a a **a** a a a 8:00p 8:00p **a a a a a** a **a** (a) a a a a @ | @ | @ a 8:30p 8:30p a **a** a **a a** a **a** a a a a **a** a a **a** a a **a** a | a @ | @ | @ @ | @ a **a** @ | @ **a** a @ | @ | a a 9:00p **@** 9:00p **a** a a a **a** | **a** | **a** @ @ (a) **@ a** a | a (a) (a) **a a** @ | @ | @ @ | @ | @ a a @ | a **a** @ | @ | a a a a a 9:30p 9:30p **POOL CLOSED POOL CLOSED POOL CLOSED POOL CLOSED POOL CLOSED** 10:00p 10:00p

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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

Fall 2024 Season
This schedule is effective from

11/18-11/24

- > Swimmers must shower before entering the pool
- > All members must WALK on deck
- > Hair longer than shoulder 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 descretion of the
- Lifeguard > NO glass, gum, or bandaids allowed in the pool
- > No recreational use of the starting blocks and divingboard
- > kickboards or pull buoys are only for lap swim and YMCA programs
- > Inflatable floation devices of any kind are not permitted. Please use YMCA 'Life Jacket'
- > weak non-swimmers must use the shallow end
- > Swimmers must pass an evaluatiom 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. Ages 13+

Edited Nov 13rd

Private swim lessons by A YMCA instructor

May be given at any time during pool hours

For any age group