

@ Adult Laps Only
12/23-12/29

Pool Schedule- Fall 2024

	Monday						Tuesday						Wednesday						Thursday						Friday						
	1	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	3	4	5	6	
5:30a																															5:30a
6:00a																															6:00a
7:00a																															7:00a
8:00a					Water Fitness						Water Fitness								Water Fitness											8:00a	
9:00a					Water Fitness						Water Fitness								Water Fitness						Water Fitness					9:00a	
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10:00a					Water Fitness						Water Fitness								Water Fitness						Water Fitness					10:00a	
10:30a																														10:30a	
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12:00p																														12:00p	
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1:00p					Bay State						Bay State								Bay State						Bay State					1:00p	
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9:30p																														9:30p	
10:00p																														10:00p	

Closed for Christmas

High School Swim Practice

High School Swim Practice

Swim Meet

GLYB

Early Close

GLYB

GLYB

POOL CLOSED

POOL CLOSED

POOL CLOSED

POOL CLOSED

POOL CLOSED

	Saturday						Sunday						
	1	2	3	4	5	6	1	2	3	4	5	6	
5:30a	POOL CLOSED						POOL CLOSED						5:30a
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12:30p							@	@	@	@		12:30p	
1:00p							@	@	@	@	Family Swim	1:00p	
1:30p							@	@	@	@		1:30p	
2:00p	@	@	@	@						@	@	2:00p	
2:30p	@	@	@	@						@	@	2:30p	
3:00p	@	@	@	@						@	@	3:00p	
3:30p	@	@	@	@						@	@	3:30p	
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4:30p	@	@	@	@								4:30p	
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5:30p	POOL CLOSED						POOL CLOSED						5:30p
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7:00p	POOL CLOSED						POOL CLOSED						7:00p
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10:00p												10:00p	

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
 12/23-12/29

- > 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 floatation devices of any kind are not permitted. Please use YMCA 'Life Jacket'
- > weak 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. Ages 13+

Edited Dec 17th

Private swim lessons by A YMCA instructor
 May be given at any time during pool hours
 For any age group