

	Saturday						Sunday									
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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 2025 Season
 This schedule is effective from

1/13-1/19

- > 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 Jan 8th

Private swim lessons by A YMCA instructor

May be given at any time during pool hours

For any age group