@ Adult Laps Only **Pool Schedule-Winter 2025** 1/13-1/19 Tuesday Monday Wednesday **Thursday Friday** 4 2 3 4 5 6 1 2 3 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 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 Pre-K Pre-K Pre-K Fitness Fitness Fitness Fitness Fitness 10:30a 10:30a lessons Lessons Lessons 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 **High School Swim Practice** 3:30p 3:30p **High School Swim Practice High School Swim Practice** 4:00p 4:00p Swim Meet 4:30p 4:30p 5:00p 5:00p a a 5:30p 5:30p 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 (a) 6:30p GYLB <u>a</u> a a a 7:00p 7:00p **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 8:00p 8:00p **a a 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 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) **a** a | **a** a 9:30p 9:30p **POOL CLOSED POOL CLOSED POOL CLOSED POOL CLOSED POOL CLOSED** 10:00p 10:00p

	Saturday						Sunday						
	1 2 3 4 5 6					1 2 3 4 5 6							
5:30a	Ľ	ے			ப்	Ľ	Ľ	ے	Ľ		ۓ	டீ	5:30a
6:00a	POOL CLOSED						POOL CLOSED						6:00a
7:00a												7:00a	
8:00a													8:00a
9:00a									9:00a				
9:30a	Swim Lessons						Swim Lessons						9:30a
10:00a													10:00a
10:30a													10:30a
11:00a													11:00a
11:30a													11:30a
12:00p	-							@ @ @ @					12:00p
12:30p							@ @	@	@ @	@ @	Family Swim		12:30p
1:00p							8 @	@ @	@ @	@ @		ı	1:00p
1:30p							® @	@	<u> </u>		@ @	@ @	1:30p
2:00p		l a	Le	la	ı		œ.	(a)	I		@ @ @	@ @	2:00p
2:30p	@ @ @ @ Family						GLYB @ @					2:30p	
3:00p	@ @	@ @	@ @	@ @	3W	limi				@ @	@ @	3:00p	
3:30p	@ @	@ @	@ @	@ @			@ @						3:30p
4:00p	@ @	@ @	@ @	@ @									4:00p
4:30p	@ @	@ @	@ @	@ @									4:30p
5:00p	@ @	@ @	@ @	@ @									5:00p
5:30p	@	@		@									5:30p
6:00p									6:00p				
6:30p									6:30p				
7:00p	POOL CLOSED						POOL CLOSED						7:00p
7:30p												7:30p	
8:00p													8:00p
8:30p									8:30p				
9:00p												9:00p	
9:30p												9:30p	
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

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 Lifequard
- > 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 Jan 8th

Private swim lessons by A YMCA instructor

May be given at any time during pool hours

For any age group