



	Saturday						Sunday						
	1	2	3	4	5	6	1	2	3	4	5	6	
5:30a	POOL CLOSED						POOL CLOSED						5:30a
6:00a	POOL CLOSED						POOL CLOSED						6:00a
7:00a							Swim Lessons						7:00a
8:00a													7:00a
9:00a													8:00a
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9:00p							8:30p						
9:30p							9:00p						
10:00p							9:30p						
							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

**1/20-1/26**

- > 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 15th

Private swim lessons by A YMCA instructor

May be given at any time during pool hours

For any age group