

	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												7:00a		
8:00a	Swim Lessons						Swim Lessons						8:00a	
9:00a													9:00a	
9:30a													9:30a	
10:00a													10:00a	
10:30a													10:30a	
11:00a	Swim Lessons						Swim Lessons						11:00a	
11:30a													11:30a	
12:00p													12:00p	
12:30p													12:30p	
1:00p													1:00p	
1:30p						@	@	@	@	@	@	Family Swim	1:30p	
2:00p	@	@	@	@			@	@	@	@	@	@	Family Swim	2:00p
2:30p	@	@	@	@			@	@	@	@	@	@	Family Swim	2:30p
3:00p	@	@	@	@			@	@	@	@	@	@	Family Swim	3:00p
3:30p	@	@	@	@			@	@	@	@	@	@	Family Swim	3:30p
4:00p	@	@	@	@										4:00p
4:30p	@	@	@	@										4:30p
5:00p	@	@	@	@										5:00p
5:30p	POOL CLOSED						POOL CLOSED						5:30p	
6:00p													6:00p	
6:30p													6:30p	
7:00p													7:00p	
7:30p													7:30p	
8:00p	POOL CLOSED						POOL CLOSED						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

1/27-2/2

- > 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 22nd

Private swim lessons by A YMCA instructor

May be given at any time during pool hours

For any age group