@ Adult Laps Only **Pool Schedule-Winter 2025** 2/17-2/23 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 Life 9:00a 9:00a Guard Water Water Water Water Water **Fitness Fitness** Fitness **Fitness Fitness** Class 9:30a 9:30a 10:00a 10:00a Water Water Water Water Water Fitness Fitness Fitness Fitness Fitness 10:30a 10:30a 11:00a 11:00a Aqua Aqua Aqua Aqua Aqua 11:30a Arthritis 11:30a Arthritis Arthritis Arthritis Arthritis 12:00p 12:00p 12:30p 12:30p Swim Swim Life Team Bay Bay Bay Life Bay Bay Guard 1:00p State State State Guard State State 1:00p Class Class 1:30p 1:30p 2:00p 2:00p 2:30p 2:30p 3:00p 3:00p Swim Swim Swim Swim Swim Life 3:30p 3:30p Guard Life Class Guard 4:00p 4:00p Class a a **a** a **a** (a |@ |@ |@ a (a (a 4:30p 4:30p 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** 5:00p 5:00p **a a** a |a |a |a @ |@ |@ | **a** a a a |a |a |a **a a 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 6:30p a a a **a** a (a) 6:30p **GLYB** GYLB <u>a</u> a a a **a** 7:00p 7:00p **a a 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 a 8:00p 8:00p **a 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** a **a** a a a 9:00p 9:00p **a** a | a **a a** |a |a **a a a** l@ **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

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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
This schedule is effective from

2/17-2/23

- > 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 Feb 15th

Private swim lessons by A YMCA instructor

May be given at any time during pool hours

For any age group