



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

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 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 Feb 15th

Private swim lessons by A YMCA instructor

May be given at any time during pool hours

For any age group