@ Adult Laps Only Pool Schedule-Winter 2025 3/24-3/30 Monday Tuesday Wednesday **Thursday** Friday 3 4 5 6 1 2 3 4 5 6 2 3 4 5 6 2 3 4 | 5 | 2 3 4 5 | 6 2 1 1 6 1 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 Fitness Fitness Fitness Fitness **Fitness** 10:30a 10:30a 11:00a 11:00a Aqua Aqua Aqua Aqua Aqua 11:30a Arthritis Arthritis 11:30a Arthriti 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 3:30p 3:30p Crew 4:00p 4:00p Swim Test **a** a | a **a** (a) **a a** (a a **a** a a (a) 4:30p 4:30p **@ a** a **a a** (a Swim lessons **a a a a** |@ |@ Swim lessons **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 a **a** (a) a **a a** (a a (a) @ a a **a** a 5:30p 5:30p **@** (a) a **a** a (a a **a a** (a a (a (a) a a a **a a** Water Water Water a @ **a** a a a (a a **@ a** a a (a (a) a a a (a) **a** Fitness Fitness Fitness 6:00p 6:00p 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** (a a **a** a (a **a** (a) a (a a 6:30p 6:30p 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 l@ **a** l @ a (a 7:00p 7:00p 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 l@ a |a |a (a) a a a **a** 7:30p 7:30p a (a) @ | @ a @ @ @ a |@ |@ l@ @ |@ |@ a **a** |@ |@ a **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 l@ (a) **a** a a **@ a** | a a **a a a a a** (a a |a |a a **a** a a **a** a 8:30p 8:30p **a a** a <u>a</u> a **a a** a e **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** 9:30p 9:30p **POOL CLOSED POOL CLOSED** POOL CLOSED **POOL CLOSED POOL CLOSED**

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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

3/24-3/30

- > 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 March 25th

Private swim lessons by A YMCA instructor

May be given at any time during pool hours

For any age group