

	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
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9:00a	@	@					@	@	@				9:00a
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9:30a	@	@					@	@	@				9:30a
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10:30a	@	@					@	@	@	Swim lessons			10:30a
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12:30p							@	@	@	@			12:30p
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1:00p	@	@					@	@	@	@	Family Swim		1:00p
	@	@					@	@	@	@			
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2:30p	@	@	@	@			@	@	@	@			2:30p
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9:30p													9:30p

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 discretion 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 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 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 March 25th

Private swim lessons by A YMCA instructor

May be given at any time during pool hours

For any age group