

@ Adult Laps Only
4/21-4/27

Pool Schedule- Spring 2025

	Monday						Tuesday						Wednesday						Thursday						Friday						
	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	
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6:00a																															6:00a
7:00a																															7:00a
8:00a					Water Fitness					Water Fitness								Water Fitness					Water Fitness								8:00a
9:00a					Water Fitness		Life Guard Class			Water Fitness								Water Fitness					Water Fitness					Water Fitness			9:00a
9:30a																															9:30a
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	Saturday						Sunday						
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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

Spring 2025

This schedule is effective from

4/21-4/27

- > 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 April 15th

Private swim lessons by A YMCA instructor

May be given at any time during pool hours

For any age group