@ Adult Laps Only Pool Schedule-Spring 2025 4/21-4/27 Tuesday Monday Wednesday **Thursday** Friday 3 | 4 5 6 1 2 3 4 5 6 1 2 3 4 5 6 2 3 4 5 6 2 3 4 5 2 1 1 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** 9:00a 9:00a Water Water Water Guard Water Water **Fitness** Class **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 11:30a Arthriti Arthritis Arthritis Arthritis 11:30a Arthritis 12:00p 12:00p 12:30p 12:30p Life Bay Bay Bay Bay Life Bay Guard 1:00p State State State State State 1:00p Guard Class Class 1:30p 1:30p 2:00p 2:00p 2:30p 2:30p 3:00p 3:00p Life 3:30p 3:30p Guard Class Life 4:00p 4:00p Guard (a) **a** (a) **a a** (a) a Class 4:30p 4:30p **@ a** a **a** (a (a) a a a **a** (a) **a a** a **a** l 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 <u>@</u> **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** 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 6:30p a 6:30p **a** @ a a @ **a** (a) **a** a (a) **a** a a a (a) a (a 7:00p 7:00p **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 7:30p 7:30p **a a a** (a) **@** | **@** a a (a) l@ @ |@ |@ a a a |a a **a** @ | **a a a** a a @ |@ |@ a a a a l@ a a 8:00p 8:00p **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 **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 a a 9:00p a a **@** 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 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

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 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 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 April 15th

Private swim lessons by A YMCA instructor

May be given at any time during pool hours For any age group