

@ Adult Laps Only  
4/28-5/4

## 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	
5:30a																															5:30a
6:00a																															6:00a
7:00a																															7:00a
8:00a					Water Fitness						Water Fitness							Water Fitness					Water Fitness								8:00a
9:00a					Water Fitness						Water Fitness							Water Fitness					Water Fitness					Water Fitness			9:00a
9:30a																															9:30a
10:00a					Water Fitness						Water Fitness							Water Fitness					Water Fitness					Water Fitness			10:00a
10:30a																															10:30a
11:00a																															11:00a
11:30a					Aqua Arthritis						Aqua Arthritis							Aqua Arthritis					Aqua Arthritis					Aqua Arthritis			11:30a
12:00p																															12:00p
12:30p																															12:30p
1:00p					Bay State						Bay State							Bay State					Bay State					Bay State			1:00p
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3:00p																															3:00p
3:30p																															3:30p
4:00p																															4:00p
	@	@	@	@			@	@	@		Swim Lessons		@	@	@	@			@	@	@		Swim Lessons		@	@	@	@			
4:30p	@	@	@	@			@	@	@				@	@	@	@			@	@	@				@	@	@	@			4:30p
	@	@	@	@			@	@	@				@	@	@	@			@	@	@				@	@	@	@			
5:00p							@	@	@	@								@	@	@	@										5:00p
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5:30p					Water Fitness		@	@	@	@								Water Fitness	@	@	@	@						Water Fitness			5:30p
6:00p							@	@	@	@									@	@	@	@									6:00p
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9:00p	@	@	@	@			@	@	@	@			@	@	@	@			@	@	@	@			@	@	@	@			9:00p
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9:30p																															9:30p
	POOL CLOSED						POOL CLOSED						POOL CLOSED						POOL CLOSED						POOL CLOSED						

	Saturday						Sunday						
	1	2	3	4	5	6	1	2	3	4	5	6	
5:30a	POOL CLOSED						POOL CLOSED						5:30a
6:00a													6:00a
7:00a												7:00a	
8:00a	@	Swim Lessons					@	@	Swim lessons				8:00a
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9:00a	@						@	@					9:00a
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9:30a	@						@	@					9:30a
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10:00a	@						@	@					10:00a
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10:30a	@						@	@					10:30a
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12:00p	@						@	@					12:00p
	@						@	@					
12:30p	@	@	@	@	@	Family Swim	12:30p						
	@	@	@	@	@								
1:00p	@	@	@	@	@		1:00p						
	@	@	@	@	@								
1:30p	@	@	@	@	@		1:30p						
	@	@	@	@	@								
2:00p	@	@	@	@	@	@	2:00p						
	@	@	@	@	@	@							
2:30p	@	@	@	@	@	@	2:30p						
	@	@	@	@	@	@							
3:00p	@	@	@	@		@	3:00p						
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3:30p	@	@	@	@		POOL CLOSED						3:30p	
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4:00p	@	@	@	@								4:30p	
	@	@	@	@									
4:30p	@	@	@	@								5:00p	
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5:30p	POOL CLOSED											6:00p	
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8:30p												9:00p	
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9:30p													

## 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  
4/28-5/4

- > 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 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