

# POOL SCHEDULE: August 23 – September 5

visit us online: [www.ludlowbgc.org](http://www.ludlowbgc.org)

Available Pool Times	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>ADULT SWIM</b> Adults Only 18+	6 AM - 8:30 AM 5 PM – 7:45 PM	6 AM - 8:30 AM 6:30 PM – 7:45 PM	6 AM - 8:30 AM 5 PM – 7:45 PM	6 AM - 8:30 AM 6:30 PM – 7:45 PM	6 AM - 8:30 AM 4 PM – 6:45 PM	8 AM – 12:45 PM 2:15 PM – 3:45 PM	8 - 11:45 AM
<b>ADULT LAP SWIM</b> 3 lanes open 16+	6:00 – 8:30 AM 5 PM – 7:45PM	6:00 – 8:30 AM 5 PM – 7:45 PM	6:00 – 8:30 AM 5 PM – 7:45 PM	6:00 – 8:30 AM 5 PM – 7:45 PM	6:00 – 8:30 AM 4 PM – 6:45 PM	8 AM – 3:45 PM	8 - 11:45 AM
<b>OPEN SWIM</b> all ages	9:30 AM – 1PM 5 PM -7:45 PM	9:30 AM – 1PM 6:30 PM -7:45 PM	9:30 AM – 1PM 6:30 PM - 7:45 PM	9:30 AM – 1PM 6:30 PM - 7:45 PM	9:30 AM – 1PM 4 PM–6:45 PM	8 AM – 12:45 PM 2:15 PM – 3:45 PM	10 - 11:45 AM
<b>WATER AEROBICS CLASSES</b> ADULTS ONLY Minimum 3 people	8:30 – 9:15 AM 11 – 11:45 AM	8:30 – 9:15 AM 11 – 11:45 AM	8:30 – 9:15 AM 11 – 11:45 AM	8:30 – 9:15 AM 11 – 11:45 AM	8:30 – 9:15 AM 11 – 11:45 AM		
<b>OTHER PROGRAMS</b> (pool occupied)		Swim Lessons 5:30 – 6:15 PM		Swim Lessons 5:30 – 6:15 PM		Private Parties 1-2 PM	

**\*THE POOL SCHEDULE IS SUBJECT TO CHANGE\***

**\*We are CLOSED Monday, September 6<sup>th</sup> for Labor Day\***

**← PLEASE SEE REVERSE FOR IMPORTANT INFORMATION →**

## **BASIC POOL RULES:**

- Showers are required before entering pool (MA state law)
- No running on the pool deck
- No jumping or diving off the pool deck
- No open wounds, cuts, rashes, poison ivy, etc.
- Horseplay is not allowed
- Masks and snorkels are not allowed in the pool
- No gum or food allowed in the pool area
- Water is the only beverage allowed in the pool area
- Any child 6 years or younger must be accompanied by a parent or guardian ***in the water***
- Any child under the age of 16 must be accompanied by a parent or guardian ***in the pool area***
- Listen to and respect the lifeguards on duty, they are here for your safety
- Use of the pool during a lightning/electrical storm is strictly prohibited
- No cut-offs or t-shirts allowed – bathing suits only

## **FAMILY SWIM RULES:**

- Family recreational swim is swimming time for families to be together. Parents **must** be in the pool with their children.
- Children who are not toilet trained must wear swim diapers with plastic pants over them.
- Bubbles are the only acceptable form of personal flotation permitted

## **COSTS FOR NON-MEMBERS:**

(For all residents and non-residents)

**Water Aerobics Class:** \$5 each

*(adults only 18+)*

<b>Adult Swim &amp; Open Swim:</b>	}	Adults (18+):	\$5.00 ea.
	}	Children:	\$3.00 ea