



# METROWEST YMCA | FALL 2 SESSION POOL SCHEDULE

## November 4<sup>th</sup> – December 22<sup>nd</sup>

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday  | Sunday  |
|---|--|---|---|---|---|---|
| <b>5:10-6:10am<br/>MASTERS</b>                                      |  | <b>5:10-6:10am<br/>MASTERS</b>                                |   | <b>5:10-6:10am<br/>MASTERS</b>                                      |   |   |
| <b>6:15-9:20am</b><br>3 Lap Lanes<br>1 Lane Water<br>Walking        | <b>6:00-9:20am</b><br>3 Lap Lanes<br>1 Lane Water<br>Walking       | <b>6:15-9:20am</b><br>3 Lap Lanes<br>1 Lane Water<br>Walking  | <b>6:00-9:20am</b><br>3 Lap Lanes<br>1 Lane Water<br>Walking        | <b>6:15-9:20am</b><br>3 Lap Lanes<br>1 Lane Water<br>Walking        | <b>7:15-8:00am</b><br>3 Lap Lanes<br>1 Lane Water<br>Walking  | <b>7:15-9:00am</b><br>3 Lap Lanes<br>1 Lane Water<br>Walking  |
| <b>9:25-11:05am</b><br>2 Lap Lanes<br>Family Swim/<br>Water Walking | <b>9:25-11:05am<br/>SWIM LESSONS</b><br>2 Lap Lanes                | <b>9:25-11:05am<br/>SWIM LESSONS</b><br>2 Lap Lanes           | <b>9:25-10:15am</b><br>2 Lap Lanes<br>Family Swim/<br>Water Walking | <b>9:25-11:05am</b><br>2 Lap Lanes<br>Family Swim/<br>Water Walking | <b>8:10-12:10pm<br/>SWIM LESSONS</b>  | <b>9:10-1:10pm<br/>SWIM LESSONS</b>                           |
| <b>11:15-12:10pm<br/>WATER FITNESS<br/>CLASS</b>                    | <b>11:15-12:10pm<br/>WATER FITNESS<br/>CLASS</b>                   | <b>11:15-12:10pm<br/>WATER FITNESS<br/>CLASS</b>              | <b>10:20-12:10pm<br/>WATER FITNESS<br/>CLASSES</b>                  | <b>11:15-12:10pm<br/>WATER FITNESS<br/>CLASS</b>                    |   |   |
| <b>12:15-1:25pm<br/>SWIM LESSONS</b><br>2 Lap Lanes                 | <b>12:15-2:45pm</b><br>3 Lap Lanes<br>1 Lane Water<br>Walking      | <b>12:15-2:45pm</b><br>3 Lap Lanes<br>1 Lane Water<br>Walking | <b>12:15-3:20pm</b><br>3 Lap Lanes<br>1 Lane Water<br>Walking       | <b>12:15-3:35pm</b><br>3 Lap Lanes<br>1 Lane Water<br>Walking       | <b>12:15-4:25pm</b><br>Family Swim<br>1 Lane Youth Lap<br>Swim  | <b>1:15-4:25pm</b><br>Family Swim<br>1 Lane Youth Lap<br>Swim |
| <b>1:30-4:10pm</b><br>3 Lap Lanes<br>1 Lane Water<br>Walking        |  |   |   |   | <b>4:30-6:30pm</b><br>3 Lap Lanes<br>1 Lane Water<br>Walking  | <b>4:30-6:30pm</b><br>3 Lap Lanes<br>1 Lane Water<br>Walking  |
|   | <b>2:50-3:55pm</b><br>2 Lap Lanes<br>Family Swim/<br>Water Walking | <b>2:50-3:55pm<br/>SWIM LESSONS</b><br>2 Lap Lanes            | <b>3:25-3:55pm<br/>SWIM LESSONS</b><br>2 Lap Lanes                  | <b>3:40-4:10pm<br/>SWIM LESSONS</b><br>2 Lap Lanes                  | <b>Lifeguards and other members of the Aquatic Team will be available to assist in the management of lap and open swim times. If a lifeguard sees a difference in swim speeds or abilities, they may ask swimmers to move at any time to ensure safety and a quality aquatic experience for everyone.</b> |   |
| <b>4:15-7:05pm<br/>SWIM LESSONS</b>                                 | <b>4:00-6:50pm<br/>SWIM LESSONS</b>                                | <b>4:00-6:50pm<br/>SWIM LESSONS</b>                           | <b>4:00-6:50pm<br/>SWIM LESSONS</b>                                 | <b>4:15-7:05pm<br/>SWIM LESSONS</b>                                 | <b>YMCA Pools will close during Thunderstorms.</b>  |   |
| <b>7:15-8:10pm<br/>WATER FITNESS<br/>CLASS</b>                      | <b>7:00-8:10pm</b><br>Family Swim<br>1 Lap Lane                    | <b>7:00-8:10pm</b><br>Family Swim<br>1 Lap Lane               | <b>7:15-8:10pm<br/>WATER FITNESS<br/>CLASS</b>                      | <b>7:15-8:10pm</b><br>Family Swim<br>1 Lane Youth Lap<br>Swim       | <b>Metrowest YMCA Building Hours:</b><br>Monday-Friday<br>5:00am-10:00pm<br>Saturday & Sunday<br>7:00am-7:00pm<br>Phone # (508) 879-4420  |   |
| <b>8:15-9:30pm</b><br>3 Lap Lanes<br>1 Lane Water<br>Walking        | <b>8:15-9:30pm</b><br>3 Lap Lanes<br>1 Lane Water<br>Walking       | <b>8:15-9:30pm</b><br>3 Lap Lanes<br>1 Lane Water<br>Walking  | <b>8:15-9:30pm</b><br>3 Lap Lanes<br>1 Lane Water<br>Walking        | <b>8:15-9:30pm</b><br>3 Lap Lanes<br>1 Lane Water<br>Walking        |   |   |

### AGE POLICIES & SPECIAL RULES

1. ALL children under the age of 16 will be required to wear a breakaway neckband during open swim to help with identification of swim ability.
2. Children 12 and under must be accompanied by an adult at all times while using YMCA facilities.
3. Children ages 5 and under are required to have an adult in the water with them actively supervising within arm's reach of the child.
4. Children ages 6 and over will be asked to complete a swim test. They will be given a neckband to identify which parts of the pool they may access. Active adult supervision on deck required.
5. If your child requires a diaper, they must wear a special swim diaper in the pool. This rule has been implemented by the Board of Health and will be enforced by YMCA staff when necessary.
6. **Lap Swim is for 16+ only, unless noted as youth.**

See Y360 for scheduled closings based on session programming and upcoming holidays.

\*Revised as of 10/30/2024