



METROWEST YMCA | WINTER SESSION POOL SCHEDULE

January 6th – February 16th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:10-6:10am MASTERS		5:10-6:10am MASTERS		5:10-6:10am MASTERS		
6:15-9:20am 3 Lap Lanes 1 Lane Water Walking	6:00-9:20am 3 Lap Lanes 1 Lane Water Walking	6:15-9:55am 3 Lap Lanes 1 Lane Water Walking	6:00-9:20am 3 Lap Lanes 1 Lane Water Walking	6:15-9:20am 3 Lap Lanes 1 Lane Water Walking	7:15-8:00am 3 Lap Lanes 1 Lane Water Walking	7:15-9:00am 3 Lap Lanes 1 Lane Water Walking
9:25-11:05am 2 Lap Lanes Family Swim/ Water Walking	9:25-11:05am SWIM LESSONS 2 Lap Lanes	10:00-11:05am SWIM LESSONS 2 Lap Lanes	9:25-10:15am 2 Lap Lanes Family Swim/ Water Walking	9:25-11:05am 2 Lap Lanes Family Swim/ Water Walking	8:10-12:10pm SWIM LESSONS	9:10-1:10pm SWIM LESSONS
11:15-12:10pm WATER FITNESS CLASS	11:15-12:10pm WATER FITNESS CLASS	11:15-12:10pm WATER FITNESS CLASS	10:20-12:10pm WATER FITNESS CLASSES	11:15-12:10pm WATER FITNESS CLASS		
12:15-12:50pm SWIM LESSONS 2 Lap Lanes	12:15-2:45pm 3 Lap Lanes 1 Lane Water Walking	12:15-2:45pm 3 Lap Lanes 1 Lane Water Walking	12:15-3:55pm 3 Lap Lanes 1 Lane Water Walking	12:15-3:35pm 3 Lap Lanes 1 Lane Water Walking	12:15-4:25pm Family Swim 1 Lane Youth Lap Swim	1:15-4:25pm Family Swim 1 Lane Youth Lap Swim
1:00-4:10pm 3 Lap Lanes 1 Lane Water Walking					2:50-3:55pm 2 Lap Lanes Family Swim/ Water Walking	2:50-3:55pm SWIM LESSONS 2 Lap Lanes
	4:15-7:05pm SWIM LESSONS	4:00-6:50pm SWIM LESSONS	4:00-6:50pm SWIM LESSONS	4:00-6:50pm SWIM LESSONS	4:15-7:05pm SWIM LESSONS	YMCA Pools will close during Thunderstorms.
7:15-8:10pm WATER FITNESS CLASS	7:00-8:10pm Family Swim 1 Lap Lane	7:00-8:10pm Family Swim 1 Lap Lane	7:15-8:10pm WATER FITNESS CLASS	7:15-8:10pm Family Swim 1 Lane Youth Lap Swim	Metrowest YMCA Building Hours: Monday-Friday 5:00am-10:00pm Saturday & Sunday 7:00am-7:00pm Phone # (508) 879-4420	
8:15-9:30pm 3 Lap Lanes 1 Lane Water Walking	8:15-9:30pm 3 Lap Lanes 1 Lane Water Walking	8:15-9:30pm 3 Lap Lanes 1 Lane Water Walking	8:15-9:30pm 3 Lap Lanes 1 Lane Water Walking	8:15-9:30pm 3 Lap Lanes 1 Lane Water 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 18+ only, unless noted as youth.**

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

*Revised as of 1/15/2025