



METROWEST YMCA | FEBRUARY BREAK POOL SCHEDULE

February 17th – February 23rd

Monday 2/17	Tuesday 2/18	Wednesday 2/19	Thursday 2/20	Friday 2/21	Saturday 2/22	Sunday 2/23
6:00-9:20am 3 Lap Lanes 1 Lane Water Walking	6:00-9:10am 3 Lap Lanes 1 Lane Water Walking	6:00-8:50am 3 Lap Lanes 1 Lane Water Walking	6:00-9:45am 3 Lap Lanes 1 Lane Water Walking	6:00-8:50am 3 Lap Lanes 1 Lane Water Walking	7:15am-12:00pm 3 Lap Lanes 1 Lane Water Walking	7:15am-12:00pm 3 Lap Lanes 1 Lane Water Walking
9:25-11:05am 2 Lap Lanes Family Swim/ Water Walking	9:15-10:25am LG Course Family Swim/ Water Walking 10:30-11:05am 2 Lap Lanes Family Swim/ Water Walking	9:00-12:50pm LG Course 2 Lap Lanes	9:50-11:05am LG Course Family Swim/ Water Walking	9:00-1:50pm LG Course 2 Lap Lanes		
11:15-1:50pm 3 Lap Lanes 1 Lane Water Walking	11:15-1:40pm 3 Lap Lanes 1 Lane Water Walking		1:00-1:50pm 3 Lap Lanes 1 Lane Water Walking		1:15-1:50pm 3 Lap Lanes 1 Lane Water Walking	4:30-6:00pm 3 Lap Lanes 1 Lane Water Walking
2:00-3:00pm YMCA Programming 2 Lap Lanes	1:45-3:00pm YMCA Programming	2:00-3:00pm YMCA Programming 2 Lap Lanes	2:00-3:00pm YMCA Programming 2 Lap Lanes	2:00-2:25pm YMCA Programming 2:30-3:00pm YMCA Programming 2 Lap Lanes	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.	
3:10-7:00pm Family Swim 1 Lane Youth Lap Swim	3:10-4:15pm LG Course Family Swim 4:20-7:00pm Family Swim 1 Lane Youth Lap Swim	3:10-7:00pm Family Swim 1 Lane Youth Lap Swim	3:10-7:00pm Family Swim 1 Lane Youth Lap Swim	3:10-7:00pm Family Swim 1 Lane Youth Lap Swim		
7:10-9:30pm 3 Lap Lanes 1 Lane Water Walking	7:10-9:30pm 3 Lap Lanes 1 Lane Water Walking	7:10-9:30pm 3 Lap Lanes 1 Lane Water Walking	7:10-9:30pm 3 Lap Lanes 1 Lane Water Walking	7:10-9:30pm 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.**