



# METROWEST YMCA | SPRING 1 SESSION POOL SCHEDULE

## February 24<sup>th</sup> – April 19<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:10-6:10am MASTERS</b>		<b>5:10-6:10am MASTERS</b>		<b>5:10-6:10am MASTERS</b>		
<b>6:15-9:35am</b> 3 Lap Lanes 1 Lane Water Walking	<b>6:00-9:20am</b> 3 Lap Lanes 1 Lane Water Walking	<b>6:15-9:55am</b> 3 Lap Lanes 1 Lane Water Walking	<b>6:00-9:20am</b> 3 Lap Lanes 1 Lane Water Walking	<b>6:15-9:20am</b> 3 Lap Lanes 1 Lane Water Walking	<b>7:15-8:00am</b> 3 Lap Lanes 1 Lane Water Walking	<b>7:15-9:00am</b> 3 Lap Lanes 1 Lane Water Walking
<b>9:45-11:00am WATER FITNESS CLASS</b>	<b>9:25-11:05am SWIM LESSONS</b> 2 Lap Lanes	<b>10:00-11:05am SWIM LESSONS</b> 2 Lap Lanes	<b>9:25-10:15am</b> 2 Lap Lanes Family Swim/ Water Walking	<b>9:25-11:05am</b> 2 Lap Lanes Family Swim/ Water Walking	<b>8:10-12:10pm SWIM LESSONS</b>	<b>9:10-1:10pm SWIM LESSONS</b>
<b>11:15-12:10pm WATER FITNESS CLASS</b>	<b>11:15-12:10pm WATER FITNESS CLASS</b>	<b>11:15-12:10pm WATER FITNESS CLASS</b>	<b>10:20-12:10pm WATER FITNESS CLASSES</b>	<b>11:15-12:10pm WATER FITNESS CLASS</b>		
<b>12:15-1:25pm SWIM LESSONS</b> 2 Lap Lanes	<b>12:15-2:45pm</b> 3 Lap Lanes 1 Lane Water Walking	<b>12:15-2:45pm</b> 3 Lap Lanes 1 Lane Water Walking	<b>12:15-3:25pm</b> 3 Lap Lanes 1 Lane Water Walking	<b>12:15-3:35pm</b> 3 Lap Lanes 1 Lane Water Walking	<b>12:15-4:25pm</b> Family Swim 1 Lane Youth Lap Swim	<b>1:15-4:25pm</b> Family Swim 1 Lane Youth Lap Swim
<b>1:30-3:35pm</b> 3 Lap Lanes 1 Lane Water Walking					<b>4:30-6:30pm</b> 3 Lap Lanes 1 Lane Water Walking	<b>4:30-6:30pm</b> 3 Lap Lanes 1 Lane Water Walking
<b>3:40-4:10pm SWIM LESSONS</b> 2 Lap Lanes	<b>2:50-3:55pm</b> 2 Lap Lanes Family Swim/ Water Walking	<b>2:50-3:55pm SWIM LESSONS</b> 2 Lap Lanes	<b>3:30-3:55pm SWIM LESSONS</b> 2 Lap Lanes	<b>3:40-4:10pm SWIM LESSONS</b> 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 SWIM LESSONS</b>	<b>4:00-7:05pm SWIM LESSONS</b>	<b>4:00-6:50pm SWIM LESSONS</b>	<b>4:00-6:50pm SWIM LESSONS</b>	<b>4:15-7:05pm SWIM LESSONS</b>	<b>YMCA Pools will close during Thunderstorms.</b>	
<b>7:15-8:10pm WATER FITNESS CLASS</b>	<b>7:10-8:10pm</b> Family Swim 1 Lap Lane	<b>7:00-8:10pm</b> Family Swim 1 Lap Lane	<b>7:15-8:10pm WATER FITNESS CLASS</b>	<b>7:15-8:10pm</b> Family Swim 1 Lane Youth Lap Swim	<b>Metrowest YMCA Building Hours:</b> Monday-Friday 5:00am-10:00pm Saturday & Sunday 7:00am-7:00pm Phone # (508) 879-4420	
<b>8:15-9:30pm</b> 3 Lap Lanes 1 Lane Water Walking	<b>8:15-9:30pm</b> 3 Lap Lanes 1 Lane Water Walking	<b>8:15-9:30pm</b> 3 Lap Lanes 1 Lane Water Walking	<b>8:15-9:30pm</b> 3 Lap Lanes 1 Lane Water Walking	<b>8:15-9:30pm</b> 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 3/7/2025

\*\*Pool will close at 6:00PM on Saturday March 22<sup>nd</sup> and April 19<sup>th</sup> for staff in-service training. Pool Will be closed on Sunday, April 6<sup>th</sup> from 7:15-9:00AM for the Indoor Triathlon. The YMCA will be closed on Easter Sunday, April 20<sup>th</sup>.