



METROWEST YMCA | APRIL BREAK POOL SCHEDULE

April 21st – April 27th

Monday 4/21	Tuesday 4/22	Wednesday 4/23	Thursday 4/24	Friday 4/25	Saturday 4/26	Sunday 4/27
6:00-9:10am 3 Lap Lanes 1 Lane Water Walking	6:00-9:10am 3 Lap Lanes 1 Lane Water Walking	6:00-9:10am 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
9:15-11:05am 2 Lap Lanes Family Swim/ Water Walking	9:15-11:05am LG Course Family Swim/ Water Walking	9:15-11:05am LG Course Family Swim/ Water Walking	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	11:15-1:00pm LG Course 2 Lap Lanes	11:15-1:30pm LG Course 2 Lap Lanes	11:15-1:10pm LG Course 2 Lap Lanes			
	1:00-1:50pm 3 Lap Lanes 1 Lane Water Walking	1:30-1:50pm 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	4:30-6:30pm 3 Lap Lanes 1 Lane Water Walking
					6:00-6:30pm Staff Training	
2:00-3:00pm YMCA Programming 2 Lap Lanes	2:00-3:00pm YMCA Programming 2 Lap Lanes	2:00-3:00pm YMCA Programming 2 Lap Lanes	2:00-3:00pm YMCA Programming 2 Lap Lanes	2:00-3:00pm YMCA Programming	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	3:10-7:00pm Family Swim 1 Lane Youth Lap Swim	3:10-7:00pm Family Swim 1 Lane Youth Lap Swim(4-7pm)	3:10-7:00pm Family Swim 1 Lane Youth Lap Swim	3:10-7:00pm Family Swim 1 Lane Youth Lap Swim	YMCA Pools will close during Thunderstorms.	
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	Metrowest YMCA Building Hours: Monday-Friday 5:00am-10:00pm Saturday & Sunday 7:00am-7:00pm Phone # (508) 879-4420	

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 4/17/2025

AT TIMES WHERE THE LIFEGUARD COURSE IS ON DECK, THERE WILL BE LOUD SOUNDS AND SIMULATIONS OF EMERGENCIES.