



METROWEST YMCA Summer SESSION POOL SCHEDULE

June 24th – August 18th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-9:20am 3 Lap Lanes 1 Lane Water Walking	6:00-10:00am 3 Lap Lanes 1 Lane Water Walking	6:00-9:10am 3 Lap Lanes 1 Lane Water Walking	6:00-10:15am 3 Lap Lanes 1 Lane Water Walking	6:00-9:25am 3 Lap Lanes 1 Lane Water Walking	7:15-9:05am 3 Lap Lanes 1 Lane Water Walking	7:15-1:10pm 3 Lap Lanes 1 Lane Water Walking
9:25-11:05am 2 SWIM LESSONS 2 Lap lanes	10:05-11:10am 2 Lap Lanes 2 Family Swim/ Water Walking	9:15-10:20am 2 SWIM LESSONS 2 Lap Lanes 10:20-11:10am WATER Aerobics	10:20-11:05am Ai Chi	9:30-11:10am 2 Lap Lanes 2 Family Swim/ Water Walking	9:10-1:10pm SWIM LESSONS	1:15-4:25pm 1 Lap Lanes 3 Family Swim/ Water Walking
11:15-12:00pm WATER Aerobics	11:15-12:00pm Low-Impact Water Walking	11:15-12:00pm WATER Aerobics	11:15-12:00pm ADVANCED WATER WALKING	11:15-12:00pm WATER Aerobics		
12:05-12:55pm 3 Lap Lanes 1 Lane Water Walking	12:05-12:55pm 3 Lap Lanes 1 Lane Water Walking	12:05-12:55pm 3 Lap Lanes 1 Lane Water Walking	12:05-12:55pm 3 Lap Lanes 1 Lane Water Walking	12:05-12:55pm 3 Lap Lanes 1 Lane Water Walking		
1:00-3:30pm Camp All Pool	1:00-3:30pm Camp All Pool	1:00-3:30pm Camp All Pool	1:00-3:30pm Camp All Pool	1:00-3:30pm Camp All Pool	1:15-4:25pm 1 Lap Lanes 3 Family Swim/ Water Walking	4:30-6:30pm 3 Lap Lanes 1 Lane Water Walking
					4:30-6:30pm 3 Lap Lanes 1 Lane Water Walking	
3:35-4:10pm 3 Lap Lanes 1 Lane Water Walking	3:35-4:10pm 2 Lap Lanes 2 Family Swim/ Water Walking	3:35-4:10pm 3 Lap Lanes 1 Lane Water Walking	3:35-4:10pm 3 Lap Lanes 1 Lane Water Walking	3:35-4:10pm 2 Lap Lanes Family Swim/Water Walking	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.	
4:15-6:30pm SWIM LESSONS	4:15-6:30pm SWIM LESSONS	4:15-6:30pm SWIM LESSONS	4:15-6:30pm SWIM LESSONS	4:15-6:30pm SWIM LESSONS	Summer Session starts on June 24 th and ends on August 18 th	
7:15-8:15pm WATER Aerobics	7:00-8:10pm 2 Lap Lanes 2 Family Swim/ Water Walking	7:00-8:10pm 2 Lap Lanes 2 Family Swim/ Water Walking	7:15-8:15pm WATER Aerobics	7:00-8:10pm 2 Lap Lanes 2 Family Swim/ Water Walking	Metrowest YMCA Building Hours: Monday-Friday 5:00am-10:00pm Saturday & Sunday 7:00am-7:00pm Phone # (508) 879-4420	
8:20-9:30pm 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	8:20-9:30pm 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. Patrons ages 16 and over may lap swim.
6. 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.

See back of page for scheduled closings based on session programming

*Revised as of 6/20/2024