



MetroWest YMCA Pool Schedule
Spring 1 Session March 10 - March 17

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00 am Masters Swim Team		5:00-6:00 am Masters Swim Team		5:00-6:00 am Masters Swim Team		
6:00-8:55am 3 Lap Lanes 1 Lane Water Walking/Jogging	5:30-8:55am 3 Lap Lanes 1 Lane Water Walking/Jogging	6:00-8:55am 3 Lap Lanes 1 Lane Water Walking/Jogging	5:30-8:55am 3 Lap Lanes 1 Lane Water Walking/Jogging	6:00-8:55am 3 Lap Lanes 1 Lane Water Walking/Jogging	7:00-8:25 am 3 Lap Lanes 1 lane Water Walking/Jogging	7:00-10:55 am 3 Lap Lanes 1 Lane Water Walking/Jogging
9:00-10:00 am 2 Lap Lanes Lessons	9:00-10:30 am 2 Lap Lanes Lessons	9:00-10:00 am 2 Lap Lanes Lessons	9:00-10:30 am 2 Lap Lanes Lessons	9:00-10:00 am 2 Lap Lanes Lessons	8:30-1:20 pm Lessons No Lap Swim	11:00-1:00 pm 1 Lap Lane Lessons
10:00-10:45 am Lessons Adult Fitness		10:00-10:45 am Lessons Adult Fitness		10:00-10:45 am Lessons Adult Fitness		
10:45-12:00 pm 1 Lap Lane Adult Fitness	10:30-11:20 am Ai Chi Shallow End Adult Open Swim Deep End ONLY	10:45-12:00 pm 1 Lap Lane Adult Fitness	10:30-11:20 am Ai Chi Shallow End Adult Open Swim Deep End ONLY	10:45-12:00 pm 1 Lap Lane Adult Fitness	1:25-2:15 pm 2 Lap Lanes 1 Lane Water Walking/Jogging	1:00-3:15 pm Lessons NO LAP LANES
	11:20-12:00 pm 1 Lap Lane Adult Fitness		11:20-12:00 pm 1 Lap Lane Adult Fitness			
12:00-12:55 pm 3 Lap Lanes 1 Lane Water Walking/Jogging	12:00-12:55 pm 3 Lap Lanes 1 Lane Water Walking/Jogging	12:00-12:55 pm 3 Lap Lanes 1 Lane Water Walking/Jogging	12:00-12:55 pm 3 Lap Lanes 1 Lane Water Walking/Jogging	12:00-2:30 pm 3 Lap Lanes 1 Lane Water Walking/Jogging		
1:00-2:30 pm 2 Lap Lanes Lessons	1:00-2:30 pm 2 Lap Lanes Lessons	1:00-2:30 pm 2 Lap Lanes Lessons	1:00-2:30 pm 2 Lap Lanes Lessons			
2:30-3:30 pm 2 Lap Lanes OPEN SWIM	2:30-3:40 pm 2 Lap Lanes OPEN SWIM	2:30-3:40 pm 2 Lap Lanes OPEN SWIM	2:30-3:40 pm 2 Lap Lanes OPEN SWIM	2:30-3:40 pm 2 Lap Lanes OPEN SWIM	2:15-4:55 pm 2 Lap Lanes OPEN SWIM	3:20-5:00 pm NO LAP LANES Lifeguard class OPEN SWIM MEMBERS ONLY
3:40-4:40 pm Swim Team				3:45-5:40 pm Lessons		
4:45-5:20 pm Lessons	3:45-6:10 pm Lessons	3:45-6:00 pm Lessons	3:45-6:15 pm Lessons			
5:30-6:25 pm 2 Lap Lanes OPEN SWIM				5:45-6:30 pm Lesson Swim Team 2 Lap Lanes	5:00-7:00 pm Swim Team	5:00-6:30 pm 2 Lap Lanes OPEN SWIM
6:30-8:25 Lessons	6:10-7:00 pm Lessons 1 Lap Lane	6:10-7:00pm 2 Lap Lanes OPEN SWIM	6:20-7:00 pm Lessons 2 Lap Lanes 1 Lane Walking		All swimmers MUST take a cleansing shower before entering the pool. Guards may ask participants to exit the pool for a ten minute break each hour if necessary.	
	7:00-8:15 pm Lessons 1 lap Lane Adult Fitness	7:00-8:00 pm Swim Team	7:00-8:15 pm 1 lap Lane Adult Fitness	6:30-9:30 pm Swim Team 1 Lap Lane OPEN SWIM		
8:30-9:30 pm 2 Lap Lanes Adult Classes	8:15-9:30 pm 2 Lap Lanes Adult Lessons	8:00-9:30 pm 1 Lap Lane Adult Lessons	8:15-9:30 pm 2 Lap Lanes Adult Lessons			

1. Children 10 and under must be accompanied by an adult at all times while using YMCA facilities.
2. All children will be required to wear a breakaway neckband during open swim to help with identifying swim ability.
3. Children ages 5 and under are required to have a parent in the water with them actively supervising within an arms' length.
4. Children ages 6 and over will be asked to complete a swim test and will be marked with a neckband identifying which areas of the pool they may access.
5. If your child typically wears diapers, she/he MUST wear the special swim diapers in the pool; this is a Board of Health rule.

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