



## MetroWest YMCA Pool Schedule September 13 - October 31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:10 am Master's		5:15-6:10 am Master's		5:15-6:10 am Master's		
6:15-7:10 am <b>4 Lap Lanes</b>	6:15-7:10 am <b>4 Lap Lanes</b>	6:15-7:10 am <b>4 Lap Lanes</b>	6:15-7:10 am <b>4 Lap Lanes</b>	6:15-7:10 am <b>4 Lap Lanes</b>		
7:15-8:10 am <b>4 Lap Lanes</b>	7:15-8:10 am <b>4 Lap Lanes</b>	7:15-8:10 am <b>4 Lap Lanes</b>	7:15-8:10 am <b>4 Lap Lanes</b>	7:15-8:10 am <b>4 Lap Lanes</b>	7:15-8:10 am <b>4 Lap Lanes</b>	7:15-8:10 am <b>4 Lap Lanes</b>
8:15- 9:10 am <b>4 Lap Lanes</b>	8:15- 9:10 am <b>4 Lap Lanes</b>	8:15- 9:10 am <b>4 Lap Lanes</b>	8:15- 9:10 am <b>4 Lap Lanes</b>	8:15- 9:10 am <b>4 Lap Lanes</b>	8:15- 9:00 am Lessons/ 2 lap lanes	8:15- 9:10 am <b>4 Lap Lanes</b>
9:15 - 10:10 am <b>4 Lap Lanes</b>	9:15 - 10:10 am Lessons	9:15 - 10:10 am <b>4 Lap Lanes</b>	9:15 - 10:10 am Lessons/ Lap Lanes <sup>2</sup>	9:15 - 10:10 am <b>4 Lap Lanes</b>	9 am - 12 pm Lessons	9:15 - 10:10 am <b>4 Lap Lanes</b>
10:15 - 11:10am <b>4 Lap Lanes</b>	10:15 - 11:10am <b>4 Lap Lanes</b>	10:15 - 11:10am <b>4 Lap Lanes</b>	10:15 - 11:10am <b>Ai Chi</b>	10:15 - 11:10am <b>4 Lap Lanes</b>		10:15 -11:10am <b>4 Lap Lanes</b>
11:15 - 12:00 pm 4 Water Exercise	11:15 - 12:00pm 4 Water Walking	11:15 - 12:00pm 4 Water Exercise	11:15 - 12:00pm 4 Water Walking	11:15 - 12:00pm 4 Water Exercise		11:15-12:05pm Lessons
12:15-1:10 pm <b>4 Lap Lanes</b>	12:15-1:10 pm <b>4 Lap Lanes</b>	12:15-1:10 pm <b>4 Lap Lanes</b>	12:15-1:10 pm <b>4 Lap Lanes</b>	12:15-1:10 pm <b>4 Lap Lanes</b>	12:15-1:10 pm Family Swim/ 2 lap lanes	12:15-1:10 pm Family Swim/ 2 lap lanes
1:15 -2:10pm <b>4 Lap Lanes</b>	1:15 -2:10pm <b>4 Lap Lanes</b>	1:15 -2:10pm <b>4 Lap Lanes</b>	1:15 -2:10pm <b>4 Lap Lanes</b>	1:15 -2:10pm <b>4 Lap Lanes</b>	1:15-2:10 pm Family Swim/ 2 lap lanes	1:15-2:10 pm Family Swim/ 2 lap lanes
2:15-3:10 pm <b>4 Lap Lanes</b>	2:15-3:10 pm <b>4 Lap Lanes</b>	2:15-3:10 pm <b>4 Lap Lanes</b>	2:15-3:10 pm <b>4 Lap Lanes</b>	2:15-3:10 pm <b>4 Lap Lanes</b>	2:15-3:10 pm Family Swim/ 2 lap lanes	2:15-3:10 pm Family Swim/ 2 lap lanes
3:15 - 3:50 pm Family Swim	3:15 - 3:50 pm Family Swim	3:15 - 3:50 pm Family Swim	3:15 - 3:50 pm Family Swim	3:15 - 3:50 pm Family Swim	3:15 - 4:10 pm Family Swim/ 2 lap lanes	3:15 - 4:10 pm Family Swim/ 2 lap lanes
4:00 - 6:05 pm Swim Lessons	4:00 - 6:05 pm Swim Lessons	4:00 - 6:05 pm Swim Lessons	4:00 - 6:05 pm Swim Lessons	4:00 - 6:05 pm Swim Lessons	4:15 - 4:45 pm Family Swim/ 2 lap lanes	4:15 - 4:45 pm Family Swim/ 2 lap lanes
6:15 7:10 pm <b>2 Lap Lanes</b> Family Swim	6:15 7:10 pm <b>2 Lap Lanes</b> Family Swim	6:15 7:10 pm <b>4 Lap Lanes</b>	6:15 7:10 pm <b>4 Lap Lanes</b>	6:15 7:10 pm <b>4 Lap Lanes</b>	5-7 pm Swim Team	5-7 pm Swim Team
7:15 - 8:10 pm Water Aerobics/ Swim Team	7:15-8:10 <b>4 Lap Lanes</b>	7:15 - 9:15 pm Swim Team	7:15-8:10 <b>4 Lap Lanes</b>	7:15 - 9:15 pm Swim Team		
8:15-9:45 <b>Swim Team</b>	8:15-9:10 <b>4 Lap Lanes</b>		8:15-9:10 <b>4 Lap Lanes</b>			

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. **Lap lanes are for ages 16 +**
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.

**Lap Swim and Family Swim are by reservation only. Please visit: [https://motionvibe.com/\(S\(3boa5pvd34apa1hsrgndsm3n\)\)/LoginYMCAMetroWest.aspx?z=1](https://motionvibe.com/(S(3boa5pvd34apa1hsrgndsm3n))/LoginYMCAMetroWest.aspx?z=1) to make a reservation. Reservations can be made 49 hours in advance.**

MetroWest YMCA  
280 Old Connecticut Path (Shared Lanes - 3 Swimmers in a lane)  
Framingham, MA 01701  
508-879-4420 www.metrowestymca.org



