



METROWEST YMCA
SUMMER POOL SCHEDULE
JUNE 27TH - AUGUST 21ST, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:15-6:10am Masters Swim No Lap Swim		5:15-6:10am Masters Swim No Lap Swim		5:15-6:10am Masters Swim No Lap Swim	7:15-8:05am Shared Lap Swim	7:15-8:10am Shared Lap Swim	
6:15-7:10am Shared Lap Swim	6:15-7:10am Shared Lap Swim	6:15-7:10am Shared Lap Swim	6:15-7:10am Shared Lap Swim	6:15-7:10am Shared Lap Swim	8:15-12:00pm Swim Lessons No Lap/Open Swim	8:15-9:10am Shared Lap Swim	
7:15-8:10am Shared Lap Swim	7:15-8:10am Shared Lap Swim	7:15-8:10am Shared Lap Swim	7:15-8:10am Shared Lap Swim	7:15-8:10am Shared Lap Swim		9:15-10:05am Shared Lap Swim	
8:15-9:05am Shared Lap Swim	8:15-9:05am Shared Lap Swim	8:15-9:05am Shared Lap Swim	8:15-9:05am Shared Lap Swim	8:15-9:10am Shared Lap Swim		10:15-12:00pm Swim Lessons No Lap/Open Swim	
9:10-10:15am Swim Lessons No Lap Swim	9:10-10:15am Swim Lessons No Lap Swim	9:10-10:15am Swim Lessons No Lap Swim	9:10-10:15am Swim Lessons No Lap Swim	9:15-10:10am Shared Lap Swim			
10:15-11:05am Shared Lap Swim	10:20-11:05am Shared Lap Swim	10:15-11:05am Shared Lap Swim	10:20-11:05am Ai-Chi No Lap Swim	10:15-11:05am Shared Lap Swim	12:15-1:10pm Swim Lessons Open Family Swim	12:15-1:10pm Shared Lap Swim Open Family Swim	
11:15-12:00pm Water Aerobics No Lap Swim	11:15-12:00pm Water Walking No Lap Swim	11:15-12:00pm Water Aerobics No Lap Swim	11:15-12:00pm Water Walking No Lap Swim	11:15-12:00pm Water Aerobics No Lap Swim	1:15-2:10pm Shared Lap Swim Open Family Swim	1:15-2:10pm Shared Lap Swim Open Family Swim	
12:15-1:00pm Shared Lap Swim	12:15-1:00pm Shared Lap Swim	12:15-1:00pm Shared Lap Swim	12:15-1:00pm Shared Lap Swim	12:15-1:00pm Shared Lap Swim	2:15-3:10pm Shared Lap Swim Open Family Swim	2:15-3:10pm Shared Lap Swim Open Family Swim	
1:00-3:10pm Y Camp Swim No Lap/Open Swim	1:00-3:10pm Y Camp Swim No Lap/Open Swim	1:00-3:10pm Y Camp Swim No Lap/Open Swim	1:00-3:10pm Y Camp Swim No Lap/Open Swim	1:00-3:10pm Y Camp Swim No Lap/Open Swim	3:15-4:10pm Shared Lap Swim Open Family Swim	3:15-4:10pm Shared Lap Swim Open Family Swim	
					4:15-4:50pm Shared Lap Swim Open Family Swim	4:15-5:10pm Shared Lap Swim Open Family Swim	
3:15-3:45pm Shared Lap Swim Open Family Swim	3:15-3:45pm Shared Lap Swim Open Family Swim	3:15-3:45pm Shared Lap Swim Open Family Swim	3:15-3:45pm Shared Lap Swim Open Family Swim	3:15-3:45pm Shared Lap Swim Swim Lessons	5:00-7:00pm Swim Team No Lap/Open Swim	5:15-6:10pm Shared Lap Swim	
3:50-6:15pm Swim Lessons No Lap/Open Swim	3:50-6:15pm Swim Lessons No Lap/Open Swim	3:50-6:15pm Swim Lessons No Lap/Open Swim	3:50-6:15pm Swim Lessons No Lap/Open Swim	3:50-6:15pm Swim Lessons No Lap/Open Swim			
6:20-7:10pm Shared Lap Swim	6:20-7:10pm Shared Lap Swim	6:20-7:10pm Shared Lap Swim	6:20-7:10pm Shared Lap Swim	6:20-7:10pm Shared Lap Swim	TO RESERVE SPACE TO SWIM: 1. Head to metrowestymca.org . 2. Under "Find it Fast", Click "Reservations". 3. Login or Create an account for MotionVibe. 4. Go to "Club Activity". 5. Select the day and time that you'd like to reserve as well as the activity (Shared Lap Swim/Family Swim). <i>Note: Shared Lap Swim is for those looking to actively lap swim. Open Family Swim slots are for households of no more than 4 to swim in an open area. If you have a larger group, reserve a 2nd slot.</i>		
7:15-8:10pm Water Aerobics No Lap/Open Swim	7:15-8:10pm Shared Lap Swim Open Family Swim	7:15-8:10pm Shared Lap Swim Open Family Swim	7:15-8:10pm Water Aerobics No Lap/Open Swim	7:15-8:10pm Shared Lap Swim Open Family Swim			
8:15-9:10pm Shared Lap Swim	8:15-9:10pm Shared Lap Swim	8:15-9:10pm Shared Lap Swim	8:15-9:10pm Shared Lap Swim	8:15-9:10pm Shared Lap Swim			
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 11 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 an ARMS LENGTH 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 up may reserve/use lap lanes during Shared Lap Swim times. 6. If your child requires a diaper, she/he/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.							