

MetroWest YMCA Pool Schedule January 3rd - February 20th, 2022

| 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 4 Lap Lanes | 6:15-7:10 am 4 Lap Lanes | 6:15-7:10 am 4 Lap Lanes | 6:15-7:10 am 4 Lap Lanes | 6:15-7:10 am 4 Lap Lanes | | |
| 7:15-8:10 am 4 Lap Lanes | 7:15-8:10 am 4 Lap Lanes | 7:15-8:10 am 4 Lap Lanes | 7:15-8:10 am 4 Lap Lanes | 7:15-8:10 am 4 Lap Lanes | 7:15-8:10 am 4 Lap Lanes | 7:15-8:10 am 4 Lap Lanes |
| 8:15- 9:10 am 4 Lap Lanes | 8:15- 9:10 am 4 Lap Lanes | 8:15- 9:10 am 4 Lap Lanes | 8:15- 9:10 am 4 Lap Lanes | 8:15- 9:10 am 4 Lap Lanes | 8:15- 1:00 pm Lessons | 8:15- 9:10 am 4 Lap Lanes |
| 9:15 - 10:10 am 4 Lap Lanes | 9:15 - 10:10 am Lessons | 9:15 - 10:10 am 4 Lap Lanes | 9:15 - 10:10 am Lessons | 9:15 - 10:10 am 4 Lap Lanes | | 9:15 - 10:10 am 4 Lap Lanes |
| 10:15 - 11:10am 4 Lap Lanes | 10:15 - 11:10am 4 Lap Lanes | 10:15 - 11:10am 4 Lap Lanes | 10:15 - 11:10am Ai Chi | 10:15 - 11:10am 4 Lap Lanes | | 10:15 -11:10am 4 Lap Lanes |
| 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 Family Swim/ 2 lap lanes |
| 12:15-1:10 pm 4 Lap Lanes | 12:15-1:10 pm 4 Lap Lanes | 12:15-1:10 pm 4 Lap Lanes | 12:15-1:10 pm 4 Lap Lanes | 12:15-1:10 pm 4 Lap Lanes | | 12:15-1:10 pm Family Swim/ 2 lap lanes |
| 1:15 -2:10pm 4 Lap Lanes | 1:15 -2:10pm 4 Lap Lanes | 1:15 -2:10pm 4 Lap Lanes | 1:15 -2:10pm 4 Lap Lanes | 1:15 -2:10pm 4 Lap Lanes | 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 4 Lap Lanes | 2:15-3:10 pm 4 Lap Lanes | 2:15-3:10 pm 4 Lap Lanes | 2:15-3:10 pm 4 Lap Lanes | 2:15-3:10 pm 4 Lap Lanes | 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 2 Lap Lanes Family Swim | 6:15 7:10 pm 2 Lap Lanes Family Swim | 6:15 7:10 pm 4 Lap Lanes | 6:15 7:10 pm 4 Lap Lanes | 6:15 7:10 pm 4 Lap Lanes | 5-7 pm Swim Team | 5-7 pm Swim Team |
| 7:15 - 8:10 pm Water Aerobics/ Swim Team | 7:15-9:15 Swim Team | 7:15 - 9:15 pm Swim Team | 7:15-8:10 Swim Team | 7:15 - 9:15 pm Swim Team | | |
| 8:15-9:45 Swim Team | | | | | | |

1. Children 11 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 are required 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 special swim diapers in the pool; this is a Board of Health rule.

Lap Swim and Family Swim are by reservation only. Please visit: www.metrowestymca.org, and search for "reservations". Reservations may be made up to 49 hours in advance.

MetroWest YMCA
280 Old Connecticut Path
Framingham, MA 01701
508-879-4420

(Shared Lanes - 3 Swimmers in a lane)
www.metrowestymca.org

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