



METROWEST YMCA | WINTER SESSION POOL SCHEDULE

January 2nd – February 18th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:10-6:10am MASTERS		5:10-6:10am MASTERS		5:10-6:10am MASTERS		
6:15-9:25am 3 Lap Lanes 1 Lane Water Walking	6:15-9:25am 3 Lap Lanes 1 Lane Water Walking	6:15-9:25am 3 Lap Lanes 1 Lane Water Walking	6:15-9:40am 3 Lap Lanes 1 Lane Water Walking	6:15-9:25am 3 Lap Lanes 1 Lane Water Walking	7:15-8:00am 3 Lap Lanes 1 Lane Water Walking	7:15-9:00am 3 Lap Lanes 1 Lane Water Walking
9:30-11:00am 2 Lap Lanes Family Swim/ Water Walking	9:30-10:10am SWIM LESSONS 2 Lap Lanes	9:30-11:00am SWIM LESSONS 2 Lap Lanes	9:45-10:15am SWIM LESSONS Family Swim/ Water Walking	9:30-11:10am SWIM LESSONS Family Swim/ Water Walking	8:00-12:10pm SWIM LESSONS	9:00-1:10pm SWIM LESSONS
	10:15-11:00am 2 Lap Lanes Family Swim/ Water Walking		10:20-11:10am WATER FITNESS CLASS			
11:00-12:10pm WATER FITNESS CLASS	11:00-12:10pm WATER FITNESS CLASS	11:00-12:10pm WATER FITNESS CLASS	11:15-12:10pm WATER FITNESS CLASS	11:00-12:10pm WATER FITNESS CLASS		
12:15-2:00pm SWIM LESSONS 2 Lap Lanes	12:15-2:15pm 3 Lap Lanes 1 Lane Water Walking	12:15-3:10pm 3 Lap Lanes 1 Lane Water Walking	12:15-3:20pm 3 Lap Lanes 1 Lane Water Walking	12:15-3:35pm 3 Lap Lanes 1 Lane Water Walking	12:15-4:20pm 2 Lap Lanes Family Swim/ Water Walking	1:15-4:20pm 2 Lap Lanes Family Swim/ Water Walking
	2:10-3:15pm 3 Lap Lanes 1 Lane Water Walking				4:30-6:30pm 3 Lap Lanes 1 Lane Water Walking	4:30-6:30pm 3 Lap Lanes 1 Lane Water Walking
3:15-4:10pm SWIM LESSON 1 Lap Lane Family Swim/ Water Walking	2:50-3:50pm 2 Lap Lanes Family Swim/ Water Walking	3:15-3:55pm SWIM LESSONS 2 Lap Lanes	3:25-5:00pm SWIM LESSONS Family Swim/ Water Walking	3:40-4:10pm SWIM LESSONS 2 Lap Lanes	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.	
4:15-7:10pm SWIM LESSONS	4:00-7:00pm SWIM LESSONS	4:00-7:00pm SWIM LESSONS	5:00-7:00pm SWIM LESSONS	4:15-7:10pm SWIM LESSONS	Winter Session starts on January 2 nd and ends on February 18 th	Spring I Session starts on February 26 th and ends on April 14 th
7:10-8:10pm WATER FITNESS CLASS	7:00-8:10pm 2 Lap Lanes Family Swim/ Water Walking	7:00-8:10pm 2 Lap Lanes Family Swim/ Water Walking	7:10-8:10pm WATER FITNESS CLASS	7:15-8:10pm 2 Lap Lanes Family Swim/ Water Walking	Metrowest YMCA Building Hours: Monday-Friday 5:00am-10:00pm Saturday & Sunday 7:00am-7:00pm Phone # (508) 879-4420	
8:15-9:15pm 3 Lap Lanes 1 Lane Water Walking	8:15-9:15pm 3 Lap Lanes 1 Lane Water Walking	8:15-9:15pm 3 Lap Lanes 1 Lane Water Walking	8:15-9:15pm 3 Lap Lanes 1 Lane Water Walking	8:15-9:15pm 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 10 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.



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*Revised 12/29/2023

Please remember that all swimmers must share lanes. Two people can split a lane while 3 or more people will need to circle swim. Swimming with people of your equal ability will create a more fluid swimming environment. Please communicate with the others in your lane. This will make a more enjoyable workout for everyone. If you have any questions, feel free to ask a lifeguard.

POOL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim (#) denotes available lanes	6:15-9:25am (3) 9:30-11:00am (2) 12:15-2:00pm (2) 2:10-3:15pm (3) 3:15-4:10pm (1) 8:15-9:15pm (3)	6:15-9:25am (3) 9:30-10:10am (2) 10:15-11:00am (2) 12:15-2:15pm (3) 2:15-2:45pm (2) 2:50-3:50pm (2) 7:00-8:10pm (2) 8:15-9:15pm (3)	6:15-9:25am (3) 9:30-11:00am (2) 12:15-3:10pm (3) 3:25-3:55pm (2) 7:00-8:10pm (2) 8:15-9:15pm (3)	6:15-9:40am (3) 12:15-3:20pm (3) 8:15-9:15pm (3)	6:15-9:25am (3) 12:15-3:35pm (3) 3:40-4:10pm (2) 7:15-8:10pm (2) 8:15-9:15pm (3)	7:15-8:00am (3) 12:15-4:20pm (2) 4:30-6:30pm (3)	7:15-9:00am (3) 1:15-4:20pm (2) 4:30-6:30pm (3)
Family Swim	9:30-11:00am (Half Pool) 3:15-4:10pm (Half Pool)	10:15-11:00am (Half Pool) 2:50-3:50pm (Half Pool) 7:00-8:10pm (Half Pool)	7:00-8:10pm (Half Pool)	9:45-10:15am (Half Pool) 3:25-5:00pm (Half Pool)	9:30-11:10am (Half Pool) 7:15-8:10pm (Half Pool)	12:15-4:20pm (Half Pool)	1:15-4:20pm (Half Pool)
Water Fitness	11:15-12:00pm (Whole Pool) 7:15-8:10pm (Whole Pool)	11:15-12:00pm (Whole Pool)	11:15-12:00pm (Whole Pool)	10:20-11:10pm (Whole Pool) 11:15-12:00pm (Whole Pool) 7:15-8:10pm (Whole Pool)	11:15-12:00pm (Whole Pool)		
Masters	5:10-6:10am (4)		5:10-6:10am (4)		5:10-6:10am (4)		
Swim Lessons	12:15-1:55pm (Half Pool) 3:15-4:15pm (1) 4:15-7:05pm (Whole Pool)	9:30-10:00am (Half Pool) 2:15-2:45pm (2) 4:00-6:50pm (Whole Pool)	9:30-11:00am (Half Pool) 3:15-3:55pm (Half Pool) 4:00-6:50pm (Whole Pool)	9:45-10:15am (Half Pool) 3:25-5:00pm (Half Pool) 5:00-6:50pm (Whole Pool)	9:30-11:00am (Half Pool) 3:40-4:10pm (Half Pool) 4:15-7:05pm (Whole Pool)	8:10-12:10pm (Whole Pool)	9:10-1:10pm (Whole Pool)
Water Walking	6:15-9:25am (1) 9:30-11:00am (Half Pool) 2:10-3:15pm (1) 3:15-4:10pm (Half Pool) 8:15-9:15pm (1)	6:15-9:25am (1) 10:15-11:00am (Half Pool) 12:15-2:15pm (1) 2:50-3:50pm (Half Pool) 7:00-8:10pm (Half Pool) 8:15-9:15pm (1)	6:15-9:25am (1) 12:15-3:10pm (1) 7:00-8:10pm (Half Pool) 8:15-9:15pm (1)	6:15-9:40am (1) 9:45-10:15am (Half Pool) 12:15-3:20pm (1) 3:25-5:00pm (Half Pool) 8:15-9:15pm (1)	6:15-9:25am (1) 9:30-11:10am (Half Pool) 12:15-3:35pm (1) 7:15-8:10pm (Half Pool) 8:15-9:15pm (1)	7:15-8:00am (1) 12:15-4:20pm (Half Pool) 4:30-6:30pm (1)	7:15-9:00am (1) 1:15-4:20pm (Half Pool) 4:30-6:30pm (1)

Numbers in Parenthesis (#) denote number of lanes available. Half and Whole pool denote no lane lines.

The Aquatic Dept. reserves the right to change the pool schedule. The Aquatics Dept. reserves the right to book private lessons during lap swim and/or family swim.