

## METROWEST YMCA | WINTER SESSION POOL SCHEDULE January 2<sup>nd</sup> - February 18<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Cundou
MASTERS	Monuay	ruesuay	wednesday	Thursday	riluay	Saturday	Sunday
3 Lap Lanes   1 Lane Water   1 Lan							
1 Lane Water Walking	6:15-9:25am	6:15-9:25am	6:15-9:25am	6:15-9:40am	6:15-9:25am	7:15-8:00am	7:15-9:00am
Walking	· ·		'	·		· ·	
9:30-11:00am   SWIM LESSONS   2 Lap Lanes   9:30-11:00am   SWIM LESSONS   2 Lap Lanes   9:30-11:00am   SWIM LESSONS   2 Lap Lanes   9:30-11:00am   SWIM LESSONS   Family Swim   Water Walking   10:15-11:00am   2 Lap Lanes   Family Swim   Water Walking   10:00-11:10pm   Water Walking   11:00-12:10pm   Water Walking   11:00-12:10pm   Water Walking   11:00-12:10pm   Water FITNESS   CLASS	1 Lane Water	1 Lane Water	1 Lane Water	1 Lane Water	1 Lane Water	1 Lane Water	1 Lane Water
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12:15-2:15pm   3 Lap Lanes   12:15-3:10pm   3 Lap Lanes   1 Lane Water Walking   12:15-3:10pm   3 Lap Lanes   1 Lane Water Walking   1 Lane Water Walking   2 Lap Lanes   2 Lap Lanes   1 Lane Water Walking   2 Lap Lanes   1 Lane Water Walking   2 Lap Lanes   2 Lap Lanes   2 Lap Lanes   3 Lap Lanes   1 Lane Water Walking   2 Lap Lanes   2 Lap Lanes   2 Lap Lanes   3 Lap Lanes   1 Lane Water Walking   2 Lap Lanes   2 Lap La	WATER FITNESS	11:00-12:10pm WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS		
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WATER FITNESS CLASS  2 Lap Lanes Family Swim/ Water Walking  2 Lap Lanes Family Swim/ Water Walking  3 Lap Lanes 3 Lap Lanes 1 Lane Water  1 Lane Water  2 Lap Lanes Family Swim/ Water FITNESS CLASS  4 WATER FITNESS Family Swim/ Water Walking  2 Lap Lanes Family Swim/ Water Walking  4 CLASS  4 WATER FITNESS Family Swim/ Water Walking  5 CLASS  4 WATER FITNESS Family Swim/ Water Walking  5 CLASS  5 Monday-Friday 5 :00am-10:00pm  5 Saturday & Sunday 7 :00am-7:00pm	7: 10-8: 10nm	•	•	' /'10-X'10nm	•	Metrowest \	MCA Building
CLASS         Family Swim/ Water Walking         CLASS         Family Swim/ Water Walking         Monday-Friday           8:15-9:15pm 3 Lap Lanes 1 Lane Water         3 Lap Lanes 1 Lane Water         7:00am-7:00pm		· ·	'		· ·	Ho	ours:
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	Walking	Walking	Walking	Walking	Walking	Phone # (508) 879-4420	

## **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.



## METROWEST YMCA | WINTER SESSION POOL SCHEDULE January 2<sup>nd</sup> - February 18<sup>th</sup>

\*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)
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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.