



# METROWEST YMCA | SPRING 2 SESSION POOL SCHEDULE

May 16<sup>th</sup> – May 18<sup>th</sup>

Friday 5/16	Saturday 5/17	Sunday 5/18
5:10-6:10am MASTERS		
6:15-9:20am 3 Lap Lanes 1 Lane Water Walking	7:15-8:00am 3 Lap Lanes 1 Lane Water Walking	7:15-7:50am 3 Lap Lanes 1 Lane Water Walking
		8:00-9:00am LG Course 2 Lap Lanes
9:25-11:05am 2 Lap Lanes Family Swim/ Water Walking	8:10-12:10pm SWIM LESSONS And LG Course	9:10-1:10pm SWIM LESSONS and LG Course
11:15-12:10pm WATER FITNESS CLASS		
12:15-3:35pm 3 Lap Lanes 1 Lane Water Walking	12:15-4:25pm Family Swim 1 Lane Youth Lap Swim	1:15-2:05pm Family Swim 1 Lane Youth Lap Swim
	4:30-5:45pm 3 Lap Lanes 1 Lane Water Walking	2:15-4:25pm LG Course Family Swim
3:40-4:10pm SWIM LESSONS 2 Lap Lanes	5:50-6:30pm LG Course 2 Lap Lanes	4:30-5:00pm LG Course 2 Lap Lanes
4:15-7:05pm SWIM LESSONS and LG Course	During times when the Lifeguard Course is on deck, there will be loud noises and simulations of emergency scenarios as we complete the training. We thank you for your understanding as we practice keeping swimmers safe!	5:00-6:30pm 3 Lap Lanes 1 Lane Water Walking
7:15-8:10pm Family Swim 1 Lane Youth Lap Swim	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.	YMCA Pools will close during Thunderstorms.
8:15-9:30pm 3 Lap Lanes 1 Lane Water Walking		
Metrowest YMCA Building Hours: Monday-Friday 5:00am-10:00pm Saturday & Sunday 7:00am-7:00pm 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 12 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. 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.
6. **Lap Swim is for 18+ only, unless noted as youth.**

See Y360 for scheduled closings based on session programming and upcoming holidays.

\*Revised as of 5/6/2025



# METROWEST YMCA | SPRING 2 SESSION POOL SCHEDULE

May 10<sup>th</sup>

<b>Saturday 5/10</b>	<b>YMCA Pools will close during Thunderstorms.</b>
<b>7:15-8:00am</b> <b>LG Course</b> 2 Lap Lanes	
<b>8:10-12:10pm</b> <b>SWIM LESSONS</b> <b>And LG Course</b>	During times when the Lifeguard Course is on deck, there will be loud noises and simulations of emergency scenarios as we complete the training. We thank you for your understanding as we practice keeping swimmers safe!
<b>12:15-4:25pm</b> <b>LG Course</b> Family Swim	<b>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.</b>
<b>4:30-5:50pm</b> <b>LG Course</b> 2 Lap Lanes	
<b>6:00-6:30pm</b> 3 Lap Lanes 1 Lane Water Walking	<b>Metrowest YMCA Building Hours:</b> Monday-Friday 5:00am-10:00pm Saturday & Sunday 7:00am-7:00pm Phone # (508) 879-4420

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