



METROWEST YMCA |

Break Week POOL SCHEDULE

June 16th – June 22nd

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|---|--|---|
| 6:00-9:00am 3 Lap Lanes 1 Lane Water Walking | 6:00-9:00am 3 Lap Lanes 1 Lane Water Walking | Pool is closed for maintenance for the day | 6:00-9:00am 3 Lap Lanes 1 Lane Water Walking | 6:00-9:00am 3 Lap Lanes 1 Lane Water Walking | | |
| | | | | | 7:15-12pm 3 Lap Lanes 1 Lane Water Walking | 7:15-12pm 3 Lap Lanes 1 Lane Water Walking |
| 9:10-11:40am 2 Lap Lanes 2 Family Swim/ Water Walking | 9:10-11:40am 2 Lap Lanes 2 Family Swim/ Water Walking | | 9:10-11:40am 2 Lap Lanes 2 Family Swim/ Water Walking | 9:10-11:40am 2 Lap Lanes 2 Family Swim/ Water Walking | 12:15-4:25pm 2 Lap Lanes 2 Family Swim/ Water Walking | 12:15-4:25pm 2 Lap Lanes 2 Family Swim/ Water Walking |
| 11:45-2:50pm 3 Lap Lanes 1 Lane Water Walking | 11:45-2:50pm 3 Lap Lanes 1 Lane Water Walking | | 11:45-2:55pm 3 Lap Lanes 1 Lane Water Walking | 11:45-2:55pm 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 |
| | | | | | 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 to another lane. | |
| 3:00- 7:00pm 1 Lap Lane 3 Family Swim | 3:00- 7:00pm 1 Lap Lane 3 Family Swim | | 3:00- 7:00pm 1 Lap Lane 3 Family Swim | 3:00- 7:00pm 1 Lap Lane 3 Family Swim | YMCA Pools close during thunderstorms. | Summer Session starts on June 23 rd and ends on August 17 th |
| 7:15-9:30pm 3 Lap Lanes 1 Lane Water Walking | 7:15-9:30pm 3 Lap Lanes 1 Lane Water Walking | | 7:15-9:30pm 3 Lap Lanes 1 Lane Water Walking | 7:15-9:30pm 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 17 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. 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.