



METROWEST YMCA | FALL BREAK POOL SCHEDULE

August 25th - September 8th

Monday 8/25	8/26 - 9/1	Tuesday 9/2	Wednesday 9/3	Thursday 9/4	Friday 9/5	Saturday 9/6	Sunday 9/7	
6:00-9:20am 3 Lap Lanes 1 Lane Water Walking	Pool Closed	6:00-9:20am 3 Lap Lanes 1 Lane Water Walking	6:00-9:20am 3 Lap Lanes 1 Lane Water Walking	6:00-9:20am 3 Lap Lanes 1 Lane Water Walking	6:00-9:20am 3 Lap Lanes 1 Lane Water Walking	7:15am-12:00pm 3 Lap Lanes 1 Lane Water Walking	7:15am-12:00pm 3 Lap Lanes 1 Lane Water Walking	
9:25-11:05am 2 Lap Lanes Family Swim/ Water Walking		9:25-11:05am 2 Lap Lanes Family Swim/ Water Walking	9:25-11:05am 2 Lap Lanes Family Swim/ Water Walking	9:25-11:05am 2 Lap Lanes Family Swim/ Water Walking	9:25-11:05am 2 Lap Lanes Family Swim/ Water Walking			
11:15am-3:00pm 3 Lap Lanes 1 Lane Water Walking		11:15am-3:00pm 3 Lap Lanes 1 Lane Water Walking	11:15am-3:00pm 3 Lap Lanes 1 Lane Water Walking	11:15am-3:00pm 3 Lap Lanes 1 Lane Water Walking	11:15am-3:00pm 3 Lap Lanes 1 Lane Water Walking	11:15am-3:00pm 3 Lap Lanes 1 Lane Water Walking	12:15-4:25pm Family Swim 1 Lane Youth Lap Swim	12:15-4:25pm Family Swim 1 Lane Youth Lap Swim
							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 at any time to ensure safety and a quality aquatic experience for everyone.	
3:10-7:00pm Family Swim		3:10-7:00pm Family Swim	3:10-7:00pm Family Swim	3:10-7:00pm Family Swim	3:10-7:00pm Family Swim	3:10-7:00pm Family Swim	YMCA Pools will close during Thunderstorms.	
7:10-9:30pm 3 Lap Lanes 1 Lane Water Walking	7:10-9:30pm 3 Lap Lanes 1 Lane Water Walking	7:10-9:30pm 3 Lap Lanes 1 Lane Water Walking	7:10-9:30pm 3 Lap Lanes 1 Lane Water Walking	7:10-9:30pm 3 Lap Lanes 1 Lane Water Walking	7:10-9:30pm 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 18 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 16+ only, unless noted as youth.**

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

*Revised as of 8/19/2025