



METROWEST YMCA | **August Break Week POOL SCHEDULE** **August 18th – August 25th**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-9:00a 3 Lap Lanes 1 Lane Water Walking	6:00-9:00a 3 Lap Lanes 1 Lane Water Walking	6:00-9:00a 3 Lap Lanes 1 Lane Water Walking	6:00-9:00a 3 Lap Lanes 1 Lane Water Walking	6:00-9:00a 3 Lap Lanes 1 Lane Water Walking	7:15a-12p 3 Lap Lanes 1 Lane Water Walking	7:15a-12p 3 Lap Lanes 1 Lane Water Walking
9:10-11:40a 3 Lap Lanes 1 Lane Water Walking	9:10-11:40a 2 Lap Lanes 2 Family Swim/ Water Walking	9:15-11:40a 2 Lap Lanes 2 Family Swim/ Water Walking	9:10-11:40a 3 Lap Lanes 1 Lane Water Walking	9:10-11:40a 3 Lap Lanes 1 Lane Water Walking	1:15-4:25p 1 Lap Lanes 3 Family Swim/ Water Walking	1:15-4:25p 1 Lap Lanes 3 Family Swim/ Water Walking
11:45-1:50p 3 Lap Lanes 1 Lane Water Walking	11:45-1:50p 3 Lap Lanes 1 Lane Water Walking	11:45-1:50p 3 Lap Lanes 1 Lane Water Walking	11:45-1:50p 3 Lap Lanes 1 Lane Water Walking	11:45-1:50p 3 Lap Lanes 1 Lane Water Walking	4:30-6:30p 3 Lap Lanes 1 Lane Water Walking	4:30-6:30p 3 Lap Lanes 1 Lane Water Walking
2:00- 3:15p Camp All pool	2:00- 3:15p Camp All pool	2:00- 3:15p Camp All pool	2:00- 3:15p Camp All pool	2:00- 3:15p Camp All pool	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.	
3:45-7p 2 Open Swim/ 2 lap	3:45-7p 2 Open Swim/ 2 lap	3:45-7p 2 Open Swim/ 2 lap	3:45-7p 2 Open Swim/ 2 lap	3:45-8p 2 Open Swim/ 2 lap	YMCA Pools close during thunderstorms.	Pool Closed: 8/26-9/1/2025
7:15-9:30p 3 Lap Lanes 1 Lane Water Walking	7:15-9:30p 3 Lap Lanes 1 Lane Water Walking	7:15-9:30p 3 Lap Lanes 1 Lane Water Walking	7:15-9:30p 3 Lap Lanes 1 Lane Water Walking	8:15-9:30p 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.