



## METROWEST YMCA | FALL 1 SESSION POOL SCHEDULE October 2<sup>nd</sup>

<b>Thursday 10/2</b>		<b>YMCA Pools will close during Thunderstorms.</b>
<b>6:00-7:00am</b> 3 Lap Lanes 1 Lane Water Walking		
<b>7:05-10:05am</b> <b>LG Course</b> 2 Lap Lanes		
<b>10:20-12:10pm</b> <b>WATER FITNESS CLASSES</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>12:15-4:10pm</b> <b>LG Course</b> 2 Lap Lanes	<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>4:15-7:05pm</b> <b>SWIM LESSONS</b>		
<b>7:15-8:10pm</b> <b>WATER FITNESS CLASS</b>	<b>Metrowest YMCA Building Hours:</b> Monday-Friday 5:00am-10:00pm Saturday & Sunday 7:00am-7:00pm Phone # (508) 879-4420	
<b>8:15-9:30pm</b> 3 Lap Lanes 1 Lane Water Walking		
<b>AGE POLICIES &amp; SPECIAL RULES</b>		
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. 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. <b>Lap Swim is for 16+ only, unless noted as youth. Lap Swim age restriction includes the Water Walking Lane.</b>		