



METROWEST YMCA | THANKSGIVING SCHEDULE

November 27th – November 30th

Thursday 11/27	Friday 11/28	Saturday 11/29	Sunday 11/30
7:15-9:10am 3 Lap Lanes 1 Lane Water Walking	6:15-9:10am 3 Lap Lanes 1 Lane Water Walking	7:15-9:50am 3 Lap Lanes 1 Lane Water Walking	7:15-9:50am 3 Lap Lanes 1 Lane Water Walking
9:15-10:30am 2 Lap Lanes Family Swim/ Water Walking	9:15-12:10pm 2 Lap Lanes Family Swim/ Water Walking	10:00-11:50am Family Swim 1 Family Swim Lane	10:00-11:50am Family Swim 1 Family Swim Lane
	12:15-4:00pm 3 Lap Lanes 1 Lane Water Walking	12:00-1:50pm 3 Lap Lanes 1 Lane Water Walking	12:00-1:50pm 3 Lap Lanes 1 Lane Water Walking
		2:00-4:25pm Family Swim 1 Family Swim Lane	2:00-4:25pm Family Swim 1 Family Swim Lane
	4:10-8:10pm Family Swim 1 Family Swim Lane	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.	
	8:15-9:30pm 3 Lap Lanes 1 Lane Water Walking	Metrowest YMCA Building Hours: Thanksgiving 7:00am-11:00am 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. The only YMCA equipment allowed for use during Family Swim (including the Family Swim Lane) are noodles and life jackets.
7. **Lap Swim is for 16+ only, unless noted as a Family Swim Lane. This includes the Water Walking Lane.**

*No programming during Thanksgiving break weekend. Fall 2 session runs until December 22nd

See Y360 for scheduled closings based on session programming and upcoming holidays. *Revised as of 11/12/2025