



# POOL SCHEDULE

December 29, 2025 - January 4, 2026

Monday 12/29	Tuesday 12/30	Wednesday 12/31	Thursday 1/1	Friday 1/2	Saturday 1/3	Sunday 1/4
6:00-7:55am 3 Lap Lanes 1 Lane Water Walking	6:00-10:00am 3 Lap Lanes 1 Lane Water Walking	6:00-10:00am 3 Lap Lanes 1 Lane Water Walking		6:00-10:00am 3 Lap Lanes 1 Lane Water Walking	7:15-10:00am 3 Lap Lanes 1 Lane Water Walking	7:15-10:00am 3 Lap Lanes 1 Lane Water Walking
8:00-10:00pm LG Course 2 Lap Lanes						
10:05-12:15pm LG Course Family Swim/ Water Walking						
12:20-1:15pm 3 Lap Lanes 1 Lane Water Walking						
	10:05-12:00pm 2 Lap Lanes Family Swim/ Water Walking	10:05-12:00pm 2 Lap Lanes Family Swim/ Water Walking		10:05-12:00pm 2 Lap Lanes Family Swim/ Water Walking	10:05-12:00pm 2 Lap Lanes Family Swim/ Water Walking	10:05-12:00pm 2 Lap Lanes Family Swim/ Water Walking
	12:05-1:20pm 3 Lap Lanes 1 Lane Water Walking	12:05-1:20pm 3 Lap Lanes 1 Lane Water Walking		12:05-1:20pm 3 Lap Lanes 1 Lane Water Walking	12:05-1:10pm 3 Lap Lanes 1 Lane Water Walking	12:05-1:20pm 3 Lap Lanes 1 Lane Water Walking
1:20-2:30pm YMCA Programming	1:30-2:30pm CAMP SWIM 2 Lap Lanes	1:30-4:30pm Family Swim 1 Family Swim Lane	1:15-3:15pm 3 Lap Lanes 1 Lane Water Walking	1:30-2:30pm CAMP SWIM 2 Lap Lanes	1:15-4:10pm YSL Course Family Swim	1:25-4:10pm Family Swim 1 Family Swim Lane
2:40-4:10pm LG Course 2 Lap Lanes	2:40-4:10pm 3 Lap Lanes 1 Lane Water Walking			12:05-3:10pm 3 Lap Lanes 1 Lane Water Walking		
				3:20-4:30pm Family Swim 1 Family Swim Lane	3:15-4:10pm YSL Course 2 Lap Lanes	4:10-5:00pm YSL Course 2 Lap Lanes
4:15-8:10pm Family Swim 1 Family Swim Lane	4:15-8:10pm Family Swim 1 Family Swim Lane			4:15-6:00pm YSL Course Family Swim	5:00-6:30pm 3 Lap Lanes 1 Lane Water Walking	
				6:05-8:10pm Family Swim 1 Family Swim Lane		
8:15-9:30pm 3 Lap Lanes 1 Lane Water Walking	8:15-9:30pm 3 Lap Lanes 1 Lane Water Walking			8:15-9:30pm 3 Lap Lanes 1 Lane Water Walking	*Certification Courses will be coming in and out of the pool during reserved time	
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.			Holiday Hours: Christmas Eve 5:00am-1:30pm Christmas Day <b>CLOSED</b> New Years Eve 5:00am-5:00pm New Years Day 1:00pm-5:00pm		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. 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.**