



# POOL SCHEDULE

January 5, 2026 - February 15, 2026

METROWEST YMCA   WINTER SESSION POOL SCHEDULE								
January 5 <sup>th</sup> – February 15 <sup>th</sup>								
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
<b>5:10-6:10am MASTERS</b> 6:15-6:55am 3 Lap Lanes 1 Lane Water Walking		<b>5:10-6:10am MASTERS</b> 6:15-9:35am 3 Lap Lanes 1 Lane Water Walking		<b>5:10-6:10am MASTERS</b> 6:15-9:20am 3 Lap Lanes 1 Lane Water Walking				
<b>7:00-8:00am SWIM LESSON</b> 2 Lap Lanes 1 Lane Water Walking	<b>6:00-9:55am</b> 3 Lap Lanes 1 Lane Water Walking	<b>9:40-10:10am SWIM LESSONS</b> 2 Lap Lanes	<b>9:25-10:10am</b> 2 Lap Lanes Family Swim/ Water Walking	<b>9:25-11:05am</b> 2 Lap Lanes Family Swim/ Water Walking	<b>7:15-9:00am</b> 3 Lap Lanes 1 Lane Water Walking	<b>7:15-9:00am</b> 3 Lap Lanes 1 Lane Water Walking		
<b>8:05-9:20am</b> 3 Lap Lanes 1 Lane Water Walking	<b>10:00-11:05am SWIM LESSONS</b> 2 Lap Lanes	<b>10:20-12:10pm WATER FITNESS CLASS</b>	<b>10:20-12:10pm WATER FITNESS CLASSES</b>	<b>11:15-12:10pm WATER FITNESS CLASS</b>				
<b>9:25-11:05am</b> 2 Lap Lanes Family Swim/ Water Walking					<b>9:10-1:10pm SWIM LESSONS</b>	<b>9:10-1:10pm SWIM LESSONS</b>		
<b>11:15-12:10pm WATER FITNESS CLASS</b>								
<b>12:15-12:50pm SWIM LESSONS</b> 2 Lap Lanes	<b>12:15-3:00pm</b> 3 Lap Lanes 1 Lane Water Walking	<b>12:15-3:00pm</b> 3 Lap Lanes 1 Lane Water Walking			<b>1:15-4:25pm</b> Family Swim 1 Family Swim Lane	<b>1:15-4:25pm</b> Family Swim 1 Family Swim Lane		
			<b>12:15-4:10pm</b> 3 Lap Lanes 1 Lane Water Walking		<b>4:30-6:30pm</b> 3 Lap Lanes 1 Lane Water Walking	<b>4:30-6:30pm</b> 3 Lap Lanes 1 Lane Water Walking		
<b>1:00-4:10pm</b> 3 Lap Lanes 1 Lane Water Walking	<b>3:05-3:35pm</b> 2 Lap Lanes Family Swim/ Water Walking	<b>3:05-4:10pm SWIM LESSONS</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>3:40-4:10pm SWIM LESSONS</b> 2 Lap Lanes							
<b>4:15-7:05pm SWIM LESSONS</b>	<b>4:15-7:20pm SWIM LESSONS</b>	<b>4:15-7:05pm SWIM LESSONS</b>	<b>4:15-7:05pm SWIM LESSONS</b>	<b>4:15-7:05pm SWIM LESSONS</b>	<b>YMCA Pools will close during Thunderstorms.</b>			
<b>7:15-8:10pm WATER FITNESS CLASS</b>	<b>7:30-8:10pm</b> Family Swim 1 Lap Lane	<b>7:15-8:10pm</b> Family Swim 1 Lap Lane	<b>7:15-8:10pm WATER FITNESS CLASS</b>	<b>7:15-8:10pm</b> Family Swim 1 Family Swim Lane	<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>8:15-9:30pm</b> 3 Lap Lanes 1 Lane Water Walking	<b>8:15-9:30pm</b> 3 Lap Lanes 1 Lane Water Walking	<b>8:15-9:30pm</b> 3 Lap Lanes 1 Lane Water Walking	<b>8:15-9:30pm</b> 3 Lap Lanes 1 Lane Water Walking				
<b>AGE POLICIES &amp; SPECIAL RULES</b>								
<ol style="list-style-type: none"> <li>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.</li> <li>Children 12 and under must be accompanied by an adult at all times while using YMCA facilities.</li> <li>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.</li> <li>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.</li> <li>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.</li> <li>The only YMCA equipment allowed for use during Family Swim (including the Family Swim Lane) are noodles and life jackets.</li> <li><b>Lap Swim is for 16+ only, unless noted as a Family Swim Lane. This includes the Water Walking Lane.</b></li> </ol>								

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

\*Revised as of 1/02/2026

\*\*Staff in-service training will occupy half the pool from 4:30-6:30PM on 1/31. Certification course will use pool space at various times on 1/10. Youth programming will take half the pool and swim from 1:30-2:30PM on 1/19. Youth programming will join Family Swim on 1/9, 1/23, and 2/4.