



# 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>		<b>5:10-6:10am MASTERS</b>		<b>5:10-6:10am MASTERS</b>		
<b>6:15-6:55am</b> 3 Lap Lanes 1 Lane Water Walking		<b>6:00-9:55am</b> 3 Lap Lanes 1 Lane Water Walking	<b>6:15-9:35am</b> 3 Lap Lanes 1 Lane Water Walking	<b>6:00-9:20am</b> 3 Lap Lanes 1 Lane Water Walking	<b>6:15-9:20am</b> 3 Lap Lanes 1 Lane Water Walking	<b>7:15-9:00am</b> 3 Lap Lanes 1 Lane Water Walking
<b>7:00-8:00am SWIM LESSON</b> 2 Lap Lanes 1 Lane Water Walking		<b>10:00-11:05am SWIM LESSONS</b> 2 Lap Lanes	<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>9:10-1:10pm SWIM LESSONS</b>
<b>8:05-9:20am</b> 3 Lap Lanes 1 Lane Water Walking						<b>9:10-1:10pm SWIM LESSONS</b>
<b>9:25-11:05am</b> 2 Lap Lanes Family Swim/ Water Walking						
<b>11:15-12:10pm WATER FITNESS CLASS</b>	<b>11:15-12:10pm WATER FITNESS CLASS</b>	<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>12:15-4:10pm</b> 3 Lap Lanes 1 Lane Water Walking	<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>12:15-4:10pm</b> 3 Lap Lanes 1 Lane Water Walking	<b>12:15-4:10pm</b> 3 Lap Lanes 1 Lane Water Walking	<b>1:15-4:25pm</b> Family Swim 1 Family Swim Lane
	<b>3:05-3:35pm</b> 2 Lap Lanes Family Swim/ Water Walking					<b>4:30-6:30pm</b> 3 Lap Lanes 1 Lane Water Walking
	<b>3:40-4:10pm SWIM LESSONS</b> 2 Lap Lanes	<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>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>Scheduled Pool Changes:</b> - <b>1/31</b> , 2 lanes available from 5:00-6:30pm. Staff training in half of the pool. - <b>2/6</b> , youth programming will join the 7:15pm Family Swim.
<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		

## **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.**

See Y360 for schedule changes based on programming, weather, and upcoming holidays.

\*Revised as of 1/24/2026