



POOL SCHEDULE

February 16 - February 22

Monday 2/16	Tuesday 2/17	Wednesday 2/18	Thursday 2/19	Friday 2/20	Saturday 2/21	Sunday 2/22
6:00-6:55am 3 Lap Lanes 1 Lane Water Walking		6:00-7:55am 3 Lap Lanes 1 Lane Water Walking		6:00-9:20am 3 Lap Lanes 1 Lane Water Walking	7:15am-9:00am 3 Lap Lanes 1 Lane Water Walking	
7:00-8:00am SWIM LESSON 2 Lap Lanes 1 Lane Water Walking				9:25-11:05am 2 Lap Lanes Family Swim/Water Walking	9:10-11:05am 2 Lap Lanes Family Swim/Water Walking	7:15am-1:00pm 3 Lap Lanes 1 Lane Water Walking
8:10-12:40pm LG Course 2 Lap Lanes	6:00-1:20pm 3 Lap Lanes 1 Lane Water Walking	8:00-12:25pm LG Course 2 Lap Lanes	6:00-1:20pm 3 Lap Lanes 1 Lane Water Walking		11:15am-1:00pm 3 Lap Lanes 1 Lane Water Walking	
12:45-1:20pm 3 Lap Lanes 1 Lane Water Walking		12:30-1:15pm 3 Lap Lanes 1 Lane Water Walking		11:15-1:20pm 3 Lap Lanes 1 Lane Water Walking	1:15-4:25pm Family Swim 1 Family Swim Lane	1:15-4:25pm Family Swim 1 Family Swim Lane
1:30-2:30pm YMCA Programming 2 Lap Lanes		1:15-1:30pm YMCA Programming 2 Lap Lanes	1:30-2:30pm YMCA Programming 2 Lap Lanes			
2:40-3:30pm 3 Lap Lanes 1 Lane Water Walking	1:20-3:30pm YMCA Programming	1:30-3:30pm YMCA Programming 2 Lap Lanes	2:40-3:30pm 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.
3:40-7:00pm Family Swim 1 Family Swim Lane		3:40-6:00pm LG Course Family Swim	3:40-4:30pm LG Course Family Swim	3:40-7:00pm Family Swim 1 Family Swim Lane	3:40-7:00pm Family Swim 1 Family Swim Lane	*Certification Course will be coming in and out of the pool during reserved time. Depending on the activity, the course will use different spots in the pool and on the deck.
		6:05-7:00pm Family Swim 1 Family Swim Lane	4:30-7:00pm Family Swim 1 Family Swim Lane			Metrowest YMCA Building Hours: Monday-Friday 5:00am-10:00pm Saturday & Sunday 7:00am-7:00pm Phone # (508) 879-4420
7:10-9:30pm 3 Lap Lanes 1 Lane Water Walking	7:10-9:30pm 3 Lap Lanes 1 Lane Water Walking	7:10-9:30pm 3 Lap Lanes 1 Lane Water Walking	7:10-9:30pm 3 Lap Lanes 1 Lane Water Walking	7:10-9:30pm 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 scheduled closings based on session programming and upcoming holidays.

*Revised as of 2/9/2026