



METROWEST YMCA | SPRING 1 SESSION POOL SCHEDULE

February 23rd – April 19th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:10-6:10am MASTERS		5:10-6:10am MASTERS		5:10-6:10am MASTERS		
6:15-9:20am 3 Lap Lanes 1 Lane Water Walking	6:00-9:20am 3 Lap Lanes 1 Lane Water Walking	6:15-10:10am 3 Lap Lanes 1 Lane Water Walking	6:00-9:20am 3 Lap Lanes 1 Lane Water Walking	6:15-9:20am 3 Lap Lanes 1 Lane Water Walking	7:15-9:00am 3 Lap Lanes 1 Lane Water Walking	7:15-9:00am 3 Lap Lanes 1 Lane Water Walking
9:25-11:05am 2 Lap Lanes Family Swim/ Water Walking	9:25-11:05am SWIM LESSONS 2 Lap Lanes		9:25-10:10am 2 Lap Lanes Family Swim/ Water Walking	9:25-11:05am 2 Lap Lanes Family Swim/ Water Walking	9:10-1:10pm SWIM LESSONS	9:10-1:10pm SWIM LESSONS
11:15-12:10pm WATER FITNESS CLASS	11:15-12:10pm WATER FITNESS CLASS	10:20-12:10pm WATER FITNESS CLASS	10:20-12:10pm WATER FITNESS CLASSES	11:15-12:10pm WATER FITNESS CLASS		
12:15-3:00pm 3 Lap Lanes 1 Lane Water Walking	12:15-3:00pm 3 Lap Lanes 1 Lane Water Walking	12:15-3:00pm 3 Lap Lanes 1 Lane Water Walking	12:15-12:55pm 3 Lap Lanes 1 Lane Water Walking	12:15-3:00pm 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
			1:00-1:30pm SWIM LESSON 2 Lap Lanes 1 Lane Water Walking		4:30-6:30pm 3 Lap Lanes 1 Lane Water Walking	4:30-6:30pm 3 Lap Lanes 1 Lane Water Walking
3:05-4:05pm 2 Lap Lanes Family Swim/ Water Walking	3:05-3:35pm 2 Lap Lanes Family Swim/ Water Walking 3:40-4:10pm SWIM LESSONS 2 Lap Lanes	3:05-4:10pm SWIM LESSONS 2 Lap Lanes	1:35-4:10pm 3 Lap Lanes 1 Lane Water Walking	3:05-4:05pm 2 Lap Lanes Family Swim/ 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.	
4:15-7:05pm SWIM LESSONS	4:15-7:20pm SWIM LESSONS	4:15-7:05pm SWIM LESSONS	4:15-7:05pm SWIM LESSONS	4:15-7:05pm SWIM LESSONS	YMCA Pools will close during Thunderstorms.	
7:15-8:10pm WATER FITNESS CLASS	7:30-8:10pm Family Swim 1 Lap Lane	7:15-8:10pm Family Swim 1 Lap Lane	7:15-8:10pm WATER FITNESS CLASS	7:15-8:10pm Family Swim 1 Family Swim Lane	Scheduled Pool Changes: - 3/28 look for date-specific pool schedule due to certification course and staff in-service training. - 3/29 pool closed until 9:00am for indoor triathlon, no morning lap swim. - 4/3 KDO will swim from 1:30-2:30PM. 2 lap lanes will be available. - 4/5 Facility Closed, Easter Sunday - 4/10 , PNO will join the 7:15pm Family Swim.	
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	8:15-9:30pm 3 Lap Lanes 1 Lane Water Walking	8:15-9:30pm 3 Lap Lanes 1 Lane Water Walking		

AGE POLICIES & SPECIAL RULES

1. **NO GLASS ALLOWED.** Bags should be secured in lockers before entering the pool deck.
2. Children 12 and under must be accompanied by an adult at all times while using YMCA facilities. Active adult supervision on deck required.
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 aged 6 to 17 will be asked to complete a swim test for Family Swim. They will be required to wear a breakaway neckband to identify which parts of the pool they may access.
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 3/23/2026