



METROWEST YMCA | APRIL BREAK POOL SCHEDULE

April 20th – April 26th

Monday 4/20	Tuesday 4/21	Wednesday 4/22	Thursday 4/23	Friday 4/24	Saturday 4/25	Sunday 4/26
6:00-9:20am 3 Lap Lanes 1 Lane Water Walking	6:00-9:10am 3 Lap Lanes 1 Lane Water Walking	6:00-9:35am 3 Lap Lanes 1 Lane Water Walking	6:00-9:55am 3 Lap Lanes 1 Lane Water Walking	6:00-8:50am 3 Lap Lanes 1 Lane Water Walking	7:15am-9:00am 3 Lap Lanes 1 Lane Water Walking	7:15am-12:00pm 3 Lap Lanes 1 Lane Water Walking
9:25-11:30am Family Swim/ Water Walking 2 Lap Lanes	9:15-10:20am YMCA Programming	9:40-10:30am LG Course 2 Lap Lanes	10:00-12:20pm LG Course Family Swim/ Water Walking	9:00-10:30am LG Course (shallow end) 1 Lap Lane, Water Walking	9:10-11:00am Family Swim/ Water Walking 2 Lap Lanes	
	11:40-3:40pm 3 Lap Lanes 1 Lane Water Walking	10:25-1:00pm LG Course 2 Lap Lanes	10:40-1:20pm LG Course Family Swim/ Water Walking	12:30-1:20pm 3 Lap Lanes 1 Lane Water Walking	10:40-11:50pm LG Course 2 Lap Lanes	11:10am-1:05pm 3 Lap Lanes 1 Lane Water Walking
1:30-2:30pm YMCA Programming 2 Lap Lanes		1:30-2:30pm YMCA Programming 2 Lap Lanes	1:30-2:30pm YMCA Programming 2 Lap Lanes	1:30-2:30pm YMCA Programming 2 Lap Lanes	12:00-1:20pm LG Course Family Swim/ Water Walking	4:30-6:30pm 3 Lap Lanes 1 Lane Water Walking
3:50-7:00pm Family Swim 1 Family Swim Lane	2:40-3:40pm 3 Lap Lanes 1 Lane Water Walking	2:40-3:40pm 3 Lap Lanes 1 Lane Water Walking	2:40-3:40pm 3 Lap Lanes 1 Lane Water Walking	2:40-3:40pm 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.	
	3:50-7:00pm Family Swim 1 Family Swim Lane	3:50-7:00pm Family Swim 1 Family Swim Lane	3:50-7:00pm Family Swim 1 Family Swim Lane	3:50-7:00pm Family Swim 1 Family Swim Lane	3:50-7:00pm Family Swim 1 Family Swim Lane	Scheduled Pool Changes: - This is a vacation week schedule. To view our standard schedule, please look at the Spring 2 Pool Schedule for April 27 th -June 14 th
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	- We will have a Lifeguarding course on deck Tuesday – Friday. During this time, there will be loud noises and simulations of emergency scenarios as we complete the training. We thank you for your understanding as we practice keeping swimmers safe!	

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 scheduled closings based on session programming and upcoming holidays.

*Revised as of 4/15/2026