



METROWEST YMCA SUMMER SESSION POOL SCHEDULE

June 22nd – August 23rd

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:10-6:10am Masters Swim	6:00-10:00am 3 Lap Lanes 1 Lane Water Walking	5:10-6:10am MastersSwim	6:00-10:15am 3 Lap Lanes 1 Lane Water Walking	5:10-6:10am MastersSwim	7:15-9:05am 3 Lap Lanes 1 Lane Water Walking	7:15-1:10pm 3 Lap Lanes 1 Lane Water Walking
6:10-11:05am 3 LapLanes 1 LaneWater Walking		6:10-9:20am 3 LapLanes 1 LaneWater Walking		6:10-9:20am 3 LapLanes 1 LaneWater Walking		
11:15-12:00pm Water Aerobics	10:05-11:10am 2 LapLanes 2 LanesFamily Swim/ WaterWalking	9:15-11:10am 2 Lanes Swim Lessons 2 Lap Lanes	10:20-11:10am Ai Chi	9:30-11:10am 2 Lap Lanes 2 Lanes Family Swim/ Water Walking	9:10-1:10pm Swim Lessons	1:15-4:25pm 1 familyLapLane 3 LanesFamily Swim/ Water Walking
	11:15-12:00pm Low-Impact Water Walking	11:15-12:00pm Water Aerobics	11:15-12:00pm Advanced Water Walking	11:15-12:00pm Water Aerobics		
12:05-12:55pm 3 Lap Lanes 1 Lane Water Walking	12:05-12:55pm 3 Lap Lanes 1 Lane Water Walking	12:05-12:55pm 3 Lap Lanes 1 Lane Water Walking	12:05-12:55pm 3 Lap Lanes 1 Lane Water Walking	12:05-12:55pm 3 Lap Lanes 1 Lane Water Walking	1:15-4:25pm 1 Family Lap Lane 3 Lanes Family Swim/ Water Walking	4:30-6:30pm 3LapLanes 1LaneWater Walking
1:00-3:30pm Camp All Pool	1:00-3:30pm Camp All Pool	1:00-3:30pm Camp All Pool	1:00-3:30pm Camp All Pool	1:00-3:30pm Camp All Pool		
					3:35-4:10pm 3 Lap Lanes 1 Lane Water Walking	3:35-4:10pm 2 Lap Lanes 2 Lanes Family Swim/ Water Walking
4:15-6:30pm Swim Lessons	4:15-6:30pm SwimLessons	4:15-6:30pm SwimLessons	4:15-6:30pm SwimLessons	4:15-6:30pm SwimLessons	YMCA Pools close during thunderstorms.	
6:30-7:00pm 2 Lap Lanes 2 Lanes Family Swim/ Water Walking	6:30-7:15pm 2 LapLanes 2 LanesFamily Swim/ WaterWalking	6:30-7:15pm 2 LapLanes 2 LanesFamily Swim/ WaterWalking	6:30-7:00pm 2 LapLanes 2 LanesFamily Swim/ WaterWalking	6:30-7:00pm 2 LapLanes 2 LanesFamily Swim/ WaterWalking	Framingham Branch closed July 4th Pool Closed for Swim Meet on Sunday 7/12/2026 11:30am-close	
7:15-8:15pm Water Aerobics	7:15-8:10pm 2 LapLanes 2 LanesFamily Swim/ WaterWalking	7:15-8:10pm 2 LapLanes 2 LanesFamily Swim/ WaterWalking	7:15-8:15pm Water Aerobics	7:00-8:10pm 2 LapLanes 2 LanesFamily Swim/ WaterWalking	Special Dates: From 6/22/26-6/26/26 we will have lap swim available 1-1:40pm for just this week. Lifeguard In-service will be on Sunday, July 25 th 6-7pm only two lap lanes available.	
8:20-9:30pm 3 Lap Lanes 1 Lane Water Walking	8:15-9:30pm 3 LapLanes 1 LaneWater Walking	8:15-9:30pm 3 LapLanes 1 LaneWater Walking	8:20-9:30pm 3 Lap Lanes 1 Lane Water Walking	8:15-9:30pm 3 LapLanes 1 LaneWater Walking		

AGE POLICIES & SPECIAL RULES

1. ALL children under the age of 16 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. Patrons ages 16 and over may lap swim.
6. 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.