METROWEST YMCA | Fall 2 SESSION POOL SCHEDULE

November 2nd-December 23rd 2026

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	**6:15-9:00am** 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	**9:05-11:05am 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**
11:15-12:00pm WATER FITNESS CLASS	**11:15-12:00pm WATER FITNESS CLASS**	**11:15-12:00pm WATER FITNESS CLASS**	**10:20-12:00pm WATER FITNESS CLASSES**	**11:15-12:00pm WATER FITNESS CLASS**		
12:10-3:00pm 3 Lap Lanes 1 Lane Water Walking	**12:10-3:00pm** 3 Lap Lanes 1 Lane Water Walking	**12:10-3:00pm** 3 Lap Lanes 1 Lane Water Walking	**12:10-4:10pm** 3 Lap Lanes 1 Lane Water Walking	**12:10-3:00pm** 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
					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 Swim Lessons	**3:05-4:10pm SWIM LESSONS** 2 Lap Lanes		**3:05-3:35pm** 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.**	
	3:40-4:10pm SWIM LESSONS 2 Lap Lanes			**3:40-4:10pm** 2 Lap Lanes Swim Lessons		
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**	In-service and training dates November 22nd and December 13th, pool closed 6-7pm. Nov 7th 1pm-4:30pm no lap swim available. -	
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	PNO- Nov 6th and Dec 4th joining evening open swim -KDO Nov 3rd, 11th 2 lanes only 1:30-2:30pm. -Thanksgiving Day- 7am-10:30am 3 lap lanes/1 water walking lane. -Nov 28th and 29th- No lessons they are replaced by lap 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 10/22/2026