



METROWEST YMCA | APRIL VACATION POOL SCHEDULE

April 15th – April 21st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-8:55am 3 Lap Lanes 1 Lane Water Walking	6:00-8:55am 3 Lap Lanes 1 Lane Water Walking	6:00-8:55am 3 Lap Lanes 1 Lane Water Walking	6:00-8:55am 3 Lap Lanes 1 Lane Water Walking	6:00-8:55am 3 Lap Lanes 1 Lane Water Walking		
					7:15-10:10am 3 Lap Lanes 1 Lane Water Walking	7:15-10:10am 3 Lap Lanes 1 Lane Water Walking
9:00-12:40pm 2 Lap Lanes Family Swim/ Water Walking	9:00-10:30am 2 Lanes LG Course Family Swim/ Water Walking	9:00-12:40pm 2 Lap Lanes Family Swim/ Water Walking	9:00-11:00am 2 Lanes LG Course Family Swim/ Water Walking	9:00-12:40pm 2 Lanes LG Course Family Swim/ Water Walking	10:15-12:40pm 2 Lap Lanes Family Swim/ Water Walking	10:15-12:40pm 2 Lap Lanes Family Swim/ Water Walking
	10:30-12:40pm 2 Lap Lanes Family Swim/ Water Walking		11:00-12:40pm 2 Lap Lanes Family Swim/ Water Walking		12:45-2:10pm 3 Lap Lanes 1 Lane Water Walking	12:45-2:10pm 3 Lap Lanes 1 Lane Water Walking
12:45-5:10pm 3 Lap Lanes 1 Lane Water Walking	12:40-3:10pm Y Programming All Lanes	12:40-3:10pm Y Programming All Lanes	12:40-3:10pm Y Programming Half Pool 2 Lap Lanes	12:40-3:10pm Y Programming All Lanes	2:15-4:25pm Family Swim	2:15-4:25pm Family Swim
	3:15-5:10pm 2 Lanes LG Course 2 Lap Lanes	3:15-5:10pm 2 Lanes LG Course 2 Lap Lanes	3:15-5:10pm 3 Lap Lanes 1 Lane Water Walking	3:15-5:10pm 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.	
5:15-7:10pm 1 Lap Lane Family Swim	5:15-7:10pm 1 Lap Lane Family Swim	5:15-7:10pm 1 Lap Lane Family Swim	5:15-7:10pm 1 Lap Lane Family Swim	Spring II Session starts on April 22 nd and ends on June 16 th		
7:15-9:15pm 3 Lap Lanes 1 Lane Water Walking	7:15-9:15pm 3 Lap Lanes 1 Lane Water Walking	7:15-9:15pm 3 Lap Lanes 1 Lane Water Walking	7:15-9:15pm 3 Lap Lanes 1 Lane Water Walking	7:15-9:15pm 3 Lap Lanes 1 Lane Water Walking	Metrowest YMCA Building Hours: Monday-Friday 5:00am-10:00pm Saturday & Sunday 7:00am-7:00pm Phone # (508) 879-4420	

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.

See back of page for scheduled closings based on session programming

*Revised as of 4/8/2024



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Please remember that all swimmers must share lanes. Two people can split a lane while 3 or more people will need to circle swim. Swimming with people of your equal ability will create a more fluid swimming environment. Please communicate with the others in your lane. This will make a more enjoyable workout for everyone. If you have any questions, feel free to ask a lifeguard.

POOL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim (#) denotes available lanes	6:00-8:55am (3) 9:00-12:40pm (2) 12:40-5:10pm (3) 5:15-7:10pm (1) 7:15-9:15pm (3)	6:00-8:55am (3) 10:30-12:40pm (2) (2) 3:15-5:10pm (2) 5:15-7:10pm (1) 7:15-9:15pm (3)	6:00-8:55am (3) 9:00-12:40pm (2) 3:15-5:10pm (2) 5:15-7:10pm (1) 7:15-9:15pm (3)	6:00-8:55am (3) 11:00-12:40pm (2) (2) 12:40-3:10pm (2) 3:15-5:10pm (3) 5:15-7:10pm (1) 7:15-9:15pm (3)	6:00-8:55am (3) 3:15-5:10pm (3) 5:15-7:10pm (1) 7:15-9:15pm (3)	7:15-10:10am (3) 10:15-12:40pm (2) (2) 12:45-2:10pm (3) 4:30-6:30pm (3)	7:15-10:10am (3) 10:15-12:40pm (2) (2) 12:45-2:10pm (3) 4:30-6:30pm (3)
Family Swim	9:00-12:40pm (Half Pool) 5:15-7:10pm (¾ Pool)	9:00-12:40pm (Half Pool) 5:15-7:10pm (¾ Pool)	9:00-12:40pm (Half Pool) 5:15-7:10pm (¾ Pool)	9:00-12:40pm (Half Pool) 5:15-7:10pm (¾ Pool)	9:00-12:40pm (Half Pool) 5:15-7:10pm (¾ Pool)	10:15-12:40pm (Half Pool) 2:15-4:25pm (Whole Pool)	10:15-12:40pm (Half Pool) 2:15-4:25pm (Whole Pool)
Water Walking	6:00-8:55am (1) 9:00-12:40pm (Half Pool) 12:45-5:10pm (1) 7:15-9:15pm (1)	6:00-8:55am (1) 9:00-12:40pm (Half Pool) 12:45-5:10pm (1) 7:15-9:15pm (1)	6:00-8:55am (1) 9:00-12:40pm (Half Pool) 3:15-5:10pm (1) 7:15-9:15pm (1)	6:00-8:55am (1) 9:00-12:40pm (Half Pool) 3:15-5:10pm (1) 7:15-9:15pm (1)	6:00-8:55am (1) 9:00-12:40pm (Half Pool) 3:15-5:10pm (1) 7:15-9:15pm (1)	7:15-10:10am (1) 10:15-12:40pm (Half Pool) 12:45-2:10pm (1) 4:30-6:30pm (1)	7:15-10:10am (1) 10:15-12:40pm (Half Pool) 12:45-2:10pm (1) 4:30-6:30pm (1)
Scheduled Closings	<p>Kids Day Out half pool closure on Tuesday-Friday from 12:45-1:45pm</p> <p>School's Out Programming half pool closure on Tuesday-Friday from 2:00-3:00pm</p> <p>Lifeguarding Course half pool closure Tuesday-Friday at various times between 9:00-5:00pm*</p> <p><small>*Certification course may run late in the pool</small></p>						
<p>Numbers in Parenthesis (#) denote number of lanes available. Half and Whole pool denote no lane lines.</p> <p>The Aquatic Dept. reserves the right to change the pool schedule. The Aquatics Dept. reserves the right to book private lessons during lap swim and/or family swim.</p>							