



METROWEST YMCA | SPRING 2 SESSION POOL SCHEDULE

April 22nd – June 16th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:10-6:10am MASTERS		5:10-6:10am MASTERS		5:10-6:10am MASTERS		
6:15-8:55am 3 Lap Lanes 1 Lane Water Walking	6:00-8:55am 3 Lap Lanes 1 Lane Water Walking	6:15-8:55am 3 Lap Lanes 1 Lane Water Walking	6:00-8:55am 3 Lap Lanes 1 Lane Water Walking	6:15-8:55am 3 Lap Lanes 1 Lane Water Walking	7:15-8:00am 3 Lap Lanes 1 Lane Water Walking	7:15-9:00am 3 Lap Lanes 1 Lane Water Walking
9:00-9:15am POOL CLOSED	9:00-9:15am POOL CLOSED	9:00-9:15am POOL CLOSED	9:00-9:15am POOL CLOSED	9:00-9:15am POOL CLOSED		
9:15-11:05am 2 Lap Lanes Family Swim/ Water Walking	9:15-11:05am 2 Lap Lanes Family Swim/ Water Walking	9:15-10:15am SWIM LESSONS 2 Lap Lanes	9:15-9:40am 2 Lap Lanes Family Swim/ Water Walking	9:15-11:05am SWIM LESSONS Family Swim/ Water Walking	8:10-12:10pm SWIM LESSONS	9:10-1:10pm SWIM LESSONS
			9:45-10:15am SWIM LESSON Family Swim/ Water Walking			
10:15-11:05am PROGRAMMING ALL LANES	10:20-11:10am WATER FITNESS CLASS					
11:15-12:10pm WATER FITNESS CLASS	11:15-12:10pm WATER FITNESS CLASS	11:15-12:10pm WATER FITNESS CLASS	11:15-12:10pm WATER FITNESS CLASS	11:15-12:10pm WATER FITNESS CLASS		
12:10-1:25pm SWIM LESSONS 2 Lap Lanes	12:15-2:10pm 3 Lap Lanes 1 Lane Water Walking				12:15-4:25pm 1 Lane Youth Lap Swim Family Swim	1:15-4:25pm 1 Lane Youth Lap Swim Family Swim
1:30-4:10pm 3 Lap Lanes 1 Lane Water Walking	2:15-2:45pm SWIM LESSON 2 Lap Lanes 1 Lane Water Walking	12:15-3:10pm 3 Lap Lanes 1 Lane Water Walking	12:15-3:20pm 3 Lap Lanes 1 Lane Water Walking	12:15-3:35pm 3 Lap Lanes 1 Lane Water Walking		
		2:50-3:55pm 2 Lap Lanes Family Swim/ Water Walking	3:15-3:55pm SWIM LESSONS 1 Lap Lane	3:25-3:55pm SWIM LESSONS 2 Lap Lanes	3:40-4:10pm SWIM LESSONS 2 Lap Lanes	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	4:00-6:50pm SWIM LESSONS	4:00-6:50pm SWIM LESSONS	4:00-6:50pm SWIM LESSONS	4:15-7:05pm SWIM LESSONS	Spring II Session starts on April 22 nd and ends on June 16 th	
7:15-8:10pm WATER FITNESS CLASS	7:00-8:10pm 2 Lap Lanes Family Swim/ Water Walking	7:00-8:10pm 2 Lap Lanes Family Swim/ Water Walking	7:15-8:10pm WATER FITNESS CLASS	7:15-8:10pm 1 Lane Youth Lap Swim Family Swim	Metrowest YMCA Building Hours: Monday-Friday 5:00am-10:00pm Saturday & Sunday 7:00am-7:00pm Phone # (508) 879-4420	
8:15-9:15pm 3 Lap Lanes 1 Lane Water Walking	8:15-9:15pm 3 Lap Lanes 1 Lane Water Walking	8:15-9:15pm 3 Lap Lanes 1 Lane Water Walking	8:15-9:15pm 3 Lap Lanes 1 Lane Water Walking	8:15-9:15pm 3 Lap Lanes 1 Lane Water 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.

See back of page for scheduled closings based on session programming

*Revised as of 4/19/2024



METROWEST YMCA | SPRING 1 SESSION POOL SCHEDULE

April 22nd – June 16th

*Revised 4/19/2024

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	6:15-8:55am (3) 9:15-11:05am (2) 12:10-1:25pm (2) 1:30-4:10pm (3) 8:15-9:15pm (3)	6:00-8:55am (3) 9:15-11:05am (2) 12:15-2:10pm (3) 2:15-3:55pm (2) 7:00-8:10pm (2) 8:15-9:15pm (3)	6:15-8:55am (3) 9:15-10:15am (2) 12:15-3:10pm (3) 3:15-3:55pm (1) 7:00-8:10pm (2) 8:15-9:15pm (3)	6:00-8:55am (3) 9:15-9:40am (2) 12:15-3:20pm (3) 3:25-3:55pm (2) 8:15-9:15pm (3)	6:15-8:55am (3) 12:15-3:35pm (3) 3:40-4:10pm (2) 8:15-9:15pm (3)	7:15-8:00am (3) 4:30-6:30pm (3)	7:15-9:00am (3) 4:30-6:30pm (3)
Youth Lap Swim*					7:15-8:10pm (1)	12:15-4:25pm (1)	1:15-4:25pm (1)
Family Swim	9:15-11:05am (Half Pool)	9:05-11:05am (Half Pool) 2:50-3:55pm (Half Pool) 7:00-8:10pm (Half Pool)	7:00-8:10pm (Half Pool)	9:15-10:15am (Half Pool)	9:15-11:05am (Half Pool) 7:15-8:10pm (¾ Pool)	12:15-4:25pm (¾ Pool)	1:15-4:25pm (¾ Pool)
Water Fitness	11:15-12:10pm (Whole Pool) 7:15-8:10pm (Whole Pool)	11:15-12:10pm (Whole Pool)	10:20-11:05am (Half Pool) 11:15-12:10pm (Whole Pool)	10:20-11:10pm (Whole Pool) 11:15-12:10pm (Whole Pool) 7:15-8:10pm (Whole Pool)	11:15-12:10pm (Whole Pool)		
Masters	5:10-6:10am (4)		5:10-6:10am (4)		5:10-6:10am (4)		
Swim Lessons	12:15-1:20pm (Half Pool) 4:15-7:05pm (Whole Pool)	2:15-2:45pm (1) 4:00-6:50pm (Whole Pool)	9:15-11:05am (Half Pool) 3:15-3:55pm (3) 4:00-6:50pm (Whole Pool)	9:45-10:15am (Half Pool) 3:25-3:55pm (Half Pool) 4:00-6:50pm (Whole Pool)	9:15-11:05am (Half Pool) 3:40-4:10pm (Half Pool) 4:15-7:05pm (Whole Pool)	8:10-12:10pm (Whole Pool)	9:10-1:10pm (Whole Pool)
Water Walking	6:15-8:55am (1) 9:15-11:10am (Half Pool) 1:30-4:10pm (1) 8:15-9:15pm (1)	6:00-8:55am (1) 9:15-11:05am (Half Pool) 12:15-2:45pm (1) 2:50-3:55pm (Half Pool) 7:00-8:10pm (Half Pool) 8:15-9:15pm (1)	6:15-8:55am (1) 12:15-3:10pm (1) 7:00-8:10pm (Half Pool) 8:15-9:15pm (1)	6:00-8:55am (1) 9:15-10:15am (Half Pool) 12:15-3:20pm (1) 8:15-9:15pm (1)	6:15-8:55am (1) 9:15-11:10am (Half Pool) 12:15-3:35pm (1) 8:15-9:15pm (1)	7:15-8:00am (1) 4:30-6:30pm (1)	7:15-9:00am (1) 4:30-6:30pm (1)
Scheduled Closings	Staff In-Service two lane closure on Saturday 4/27, 5/25, 6/29 from 5:45-6:30pm Parents Night Out will join Family Swim on Friday 5/3, 5/17, 6/7 from 7:15-7:45pm Kids Day Out two lane closure on Thursday 5/2 from 12:45-1:45pm School's Out Programming two lane closure on Thursday 5/2 from 2:00-3:00pm Certification Course two lane closure on 4/27-4/28, 5/3-5/5, 5/18-5/19, 5/31-6/2, 6/6-6/8, and 6/13-6/15 at various times between 8:00-6:30pm						

Numbers in Parenthesis (#) denote number of lanes available. Half and Whole pool denote no lane lines.

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.

*Youth Lap Swim is intended for swimmers who have passed the Green Swim Band Test and would like to lap swim. Those who Youth Lap Swim is intended for are individuals between 6-15 years old who can share the lane or circle swim with others.