BEAT THE HEAT AT THE WALTHAM YMCA THIS SUMMER!

WALTHAM YMCA
725 Lexington Street
Waltham, MA 02452
(781) 894-5295
ymcaboston.org/waltham
YMCA OF GREATER BOSTON

POOL HOURS

POOL OPENS WEEKENDS MAY 25!

OPEN WEEKENDS ONLY THROUGH JUNE 16
SATURDAYS & SUNDAYS
ADULT LAP 8:00 AM - 10:00 AM
OPEN SWIM 10:00 AM - 6:30 PM

SATURDAY, JUNE 8
ADULT LAP 8:00 AM - 10:00 AM
POOL CLOSING EARLY FOR TRAINING 10:00 AM - 2:00PM

SCHEDULE BEGINNING MONDAY, JUNE 17

MONDAY - FRIDAY
ADULT LAP ONLY 6:00 AM - 8:45 AM
LAP & OPEN SWIM 2:00 PM - 7:30 PM

SATURDAY & SUNDAY
ADULT LAP ONLY 8:00 AM - 10:00 AM
LAP & OPEN SWIM 10:00 AM - 6:30 PM

HOLIDAY HOURS
THURSDAY, JULY 4 7:00 AM - 11:30 AM
LABOR DAY MONDAY, SEPTEMBER 2 7:00 AM - 11:30 AM
POOL RULES

• All swimmers 17 and under must pass a swim test before they may swim in the deep end. Please see Test Mark Protect on previous page.
• Please shower before entering the pool.
• Please walk while on the deck.
• Absolutely NO GLASS allowed on the deck at any time.
• Please refrain from breath holding games.
• Diving is only allowed in the far end of the 9ft. deep-end.
• Swimmers with hair shoulder length or longer are asked to tie their hair up or wear a swim cap.
• Flotation devices will be limited to Life Jackets, Puddle Jumpers, and Bubbles.
• Jumping in the shallow end will be marked off by designated cones.
• Children who are not toilet trained must wear a swim diaper.

ADULT SWIM AND SWIM TESTING:

• During the last 15 minutes of each hour the pool will be closed for Adult Swim.
• Adults ages 18+ may continue to swim during this time.
• All Swim tests will be administered by a lifeguard during adult swim only.
• Guards will also use this time to test chemicals, rotate scanning zones, and check equipment to ensure safety.
• Children are encouraged to take breaks, use the bathroom, and have a snack while resting during Adult Swim.

TEST, MARK, PROTECT

The YMCA of Greater Boston is committed to ensure everyone is safe while swimming in our pools.

SWIM TEST ELEMENTS WILL INCLUDE:

All swimmers under the age of 18 must:
• Swim 25 yards, non stop, in a horizontal position without touching the wall or floor
• Jump into the deep end, fully submerge & recover, tread water for 60 seconds

RED BANDS

• Declined to take swim test, or did not pass test
• Must remain in shallow water
• Swimmers shorter than 50” must wear a PFD
• Children 7 and under must be within arms reach of a guardian who is in the pool at all times.
• Swimmers who are in the pool with guardians at arms length, learning to swim, may be excused of a PFD.

GREEN BANDS

• Passed swim test
• May swim in any area of the pool, including deep end

YMCA OF GREATER BOSTON STANDARDS

• YMCA employees have the final authority over all aquatic policies. We reserve the right to test and mark all swimmers, regardless of age and ability.
• A parent or guardian is defined as someone over the age of 16 who has assumed responsibility for swimmers in the water. Guardians under 18 may only be responsible for a maximum of two swimmers.