



WALTHAM YMCA POOL SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Indoor Pool

Thanksgiving Week (Nov 22-28)

Updated 11/9/21

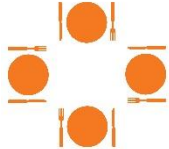
Please Note:

Lap Swim & Adult Open Swim will remain as scheduled for this week, we will be increasing our Family Swim hours to allow our YMCA Families more time splashing together!

LAP SWIM – Indoor Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30a-8:00a 6 Lanes	5:30a-8:00a 6 Lanes	5:30a-7:45a 6 Lanes	7:45a-9:00a 6 Lanes	5:30a-7:45a 6 Lanes	6:00a-9:00a 6 Lanes	8:00a-9:00a 6 Lanes
8:00a-8:45a 4 Lanes	8:00a-8:45a 4 Lanes	10:00a-12:00p 4 Lanes	10:00a-11:45p 4 Lanes	10:00a-12:00p 4 Lanes	9:00a-1:00p 3 Lanes	9:00a-1:00p 3 Lanes
10:00a-12:00p 4 Lanes	10:00a-12:00p 4 Lanes	12:00p-12:45p 6 Lanes		12:00p-1:00p 6 Lanes	1:00p-2:45p 1 Lane	1:00p-2:45p 1 Lane
12:00p-1:00p 6 Lanes	12:00p-1:00p 6 Lanes	2:00p-3:00p 4 Lanes		1:00p-3:00p 4 Lanes		
1:00p-3:00p 4 Lanes	1:00p-3:00p 4 Lanes	3:00p-6:45p 2 Lanes		3:00p-6:45p 3 Lanes		
3:00p-7:00p 2 Lanes	3:00p-7:00p 2 Lanes	8:00p-8:45p 4 Lanes				
7:00-8:45p 4 Lanes	7:00-8:45p 4 Lanes					

ADULT OPEN SWIM – Indoor Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00a-9:00a 2 Lanes	8:00a-9:00a 2 Lanes	10:00a-12:00p 2 Lanes	10:00a-11:45p 2 Lanes	10:00a-12:00p 2 Lanes		
10:00a-12:00p 2 Lanes	10:00a-12:00p 2 Lanes	2:00p-3:00p 2 Lanes		1:00p-3:00p 2 Lanes		
1:00p-3:00p 2 Lanes	1:00p-3:00p 2 Lanes	8:00p-8:45p 2 Lanes				
7:00p-8:45p 2 Lanes	7:00p-8:45p 2 Lanes					

FAMILY SWIM – Indoor Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:00P-6:45P 3 Lanes	3:00P-6:45P 3 Lanes	3:00P-6:45P 3 Lanes		3:00P-6:45P 3 Lanes	9:00p-2:45p 3 Lanes	9:00p-2:45p 3 Lanes

SAFE POOLS HAVE RULES



All kids shorter than 65 inches must pass a safety swim test

Only Coast Guard-approved personal flotation devices (PFDs) allowed



Unsafe behavior, as determined by the lifeguard, is prohibited

No glass allowed on the pool deck



- Do not enter the pool if you suspect you have or have a communicable disease or an open cut or blister.
- Wear family appropriate and clean swim attire only.
- Shower, using warm water and soap, before entering the pool or after use of toilet facilities.
- Children in diapers must wear a reusable plastic pant with snug elasticized legs and waistband.
- Diving is prohibited in water less than 9 feet deep.
- Spitting, spouting water from mouth or blowing the nose in the pool is prohibited.
- No extended breath-holding or hyperventilation.
- Only U.S. Coast Guard approved lifejackets and wearable foam flotation devices are allowed. Users must remain within arm's reach of an adult.
- Do not run or engage in rough play in the pool area or locker rooms.
- Diaper changing in the pool area is prohibited. Please use locker rooms.
- Do not bring animals into the pool area.
- Do not bring food, drink, gum or tobacco into the pool area.
- Glass and shatterable items are prohibited in the pool area.
- Children under the age of 7 must accompanied by an adult in the water.