POOL SCHEDULE

Waltham YMCA
November 2nd – December 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Lap Swim (6) 5:30 – 8:00am	Lap Swim (6) 5:30 – 8:00am	Lap Swim (6) 5:30 – 7:45am	Lap Swim (6) 5:30 – 8:00am	Lap Swim (6) 5:30 – 7:45am	CLOSED	CLOSED
6:00 AM						Lap Swim (6) 6:00 – 8:00am	
6:30 AM							
7:00 AM							Lap Swim (6) 7:00 – 8:45am
7:30 AM							
8:00 AM	Lap Swim (4) Open /Family Swim (2) 8:00 – 8:45am	Lap Swim (4) Open /Family Swim (2) 8:00 – 8:45am	Functional Fitness (6) 8:00 – 8:50am	Lap Swim (4) Open /Family Swim (2) 8:00 – 8:45am	Deep (6) 8:00 – 8:50am	Lap Swim (4) Swim Lessons (2) 8:00 – 8:45am	
8:30 AM							
9:00 AM	Aqua Circuit (6) 9:00 – 9:50am	Deep (6) 9:00 – 9:50am	Functional Fitness (6) 9:00 – 9:50am	R&M (6) 9:00 – 9:50am	Tabata (6) 9:00 – 9:50am	Swim Lessons (6) 8:45am – 2:00pm	Swim Lessons (6) 8:45am – 2:00pm
9:30 AM							
10:00 AM	Lap Swim (4) Open/Family Swim (2) 10:00am – 12:00pm	Lap Swim (4) Open /Family Swim (2) 10:00 – 10:45am	Lap Swim (4) Swim Lessons (2) 10:00am – 11:30am	Lap Swim (4) Open /Family Swim (2) 10:00 am– 12:00pm	Lap Swim (4) Open/Family Swim (2) 10:00am – 11:30am		
10:30 AM							
11:00 AM		Lap Swim (3) Barre (3) 10:45am – 12pm					
11:30 AM			Lap Swim (6) 12:00 – 1:00pm		Lap Swim (3) Aqua Zumba(3) 11:30am –12:30pm		
12:00 PM	Lap Swim (6) 12:00 – 1:00pm	Lap Swim (6) 12:00 – 1:00pm		Lap Swim (6) 12:00– 1:00pm			
12:30 PM			Lap Swim (3) Aqua Fitness(3) 12:30pm–1:30pm		Lap Swim (6) 12:30 – 1:30pm		
1:00 PM	Lap Swim (4) Open/Family Swim (2) 1:00 – 3:00pm	Lap Swim (3) Swim Lessons (1) Open/Family Swim (2) 1:00 – 3:00pm		Lap Swim (3) Swim Lessons (1) Open/Family Swim (2) 1:00 – 3:00pm			
1:30 PM			Lap Swim (3) Swim Lessons (1) Open/Family Swim (2) 1:30pm– 3:00pm				
2:00 PM					Lap Swim (4) Open/Family Swim (2) 1:30 – 3:30pm	Open/Family Swim (3) Lap Swim (1) Private Lessons (2) 2:00 – 5:30pm	Open/Family Swim (3) Lap Swim (1) Private Lessons (2) 2:00 – 5:30pm
2:30 PM							
3:00 PM	Lap Swim (2) Swim Lessons (3) Private Lessons (1) 3:00– 7:00pm	Lap Swim (2) Swim Lessons (3) Private Lessons (1) 3:00– 7:00pm	Lap Swim (1) Swim Lessons (3) Private Lessons (2) 3:00– 7:00pm	Lap Swim (2) Swim Lessons (3) Private Lessons (1) 3:00 – 7:00pm			
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM					Open/Family Swim (2) Lap Swim (1) Private Lessons (1) Swim Lessons (2) 3:30 – 7:30pm		
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM	Shallow Water (6) 7:00 – 8:00pm	Lap Swim (2) Swim Lessons (2) Open/Family Swim (2) 7:00 – 9:30pm	Aqua HIIT (4) Swim Lessons (2) 7:00 – 8:00pm	Lap Swim (2) Swim Lessons (2) Open/Family Swim (2) 7:00 – 9:30pm	CLOSED	CLOSED	CLOSED
7:30 PM							
8:00 PM	Lap Swim (2) Swim Lessons (2) Open/Family Swim (2) 8:00 – 9:30pm		Lap Swim (2) Swim Lessons (2) Open Swim (2) 8:00 – 9:30pm				
8:30 PM							
9:00 PM							
9:30 PM							

The pool will close 30 minutes prior to the YMCA.

Every 3rd Thursday (7–9pm) and 3rd Friday (4–6pm) of the month 2 lap lanes will be reserved for Lifeguard Inservice.
Three (3) Lanes will be reserved on all holidays from (12pm –3pm) for camp swim.

Lap Swim | Open Swim | All Lanes in Use | Water Exercise

CIRCLE SWIMMING

Circle Swim is used when three or more swimmers are in one lap lane.
To avoid injury please let other swimmers know when you enter the lane.

Pool schedule is subject to change without notice, based on programming needs.

www.ymcaboston.org

SAFE POOLS HAVE RULES

ALL CHILDREN UNDER 18 MUST TAKE A SWIM TEST PRIOR TO ENTERING THE DEEP END.

NO STROLLERS ON THE POOL DECK.

NO GLASS ALLOWED ON THE POOL DECK.

OBEY THE LIFEGUARD AT ALL TIMES.

NO RUNNING WHILE ON THE POOL DECK.

UNSAFE BEHAVIOR, AS DETERMINED BY THE LIFEGUARD, IS PROHIBITED.

NO PHOTOS OR VIDEOS ALLOWED ON POOL DECK, VIEWING AREA, OR IN LOCKER ROOMS.

ONLY COAST GUARD–APPROVED PERSONAL FLOTATION DEVICES (PFDS) ALLOWED.

ADDITIONAL RULES

- Do not enter the pool if you have a communicable disease or an open wound.
- Please shower, using warm water and soap, before. entering the pool or after use of toilet facilities (MA Law).
- Please wear family appropriate and clean swim attire. Cotton clothing is not permitted.
- Children who are not toilet trained must wear a swim diaper and rubber pants with elastic waists.
- Diaper changing in the pool area is prohibited; please use locker rooms.
- Spitting, spouting water from mouth or blowing the nose in the pool is prohibited.
- Glass/fragile items are prohibited in the pool area.
- No prolonged breath-holding or hyperventilation.
- Full-face masks that cover both the mouth and nose are prohibited for safety reasons.
- Lap swimmers are required to circle swim if there are more than 2 swimmers per lane. Lanes may be organized by swimmer speed, or lifeguard discretion.
- NO DIVING in shallow water. Diving is prohibited in water less than 9 feet deep.
- Children 7 and under must accompanied by an adult in the water.
- Only U.S. Coast Guard approved lifejackets and wearables are allowed. Users must remain within arm's reach of an adult at all times.
- Inflatables and mermaid tails are prohibited.
- Flotation devices are not permitted in the deep end.
- Equipment use is at the discretion of the lifeguard on duty. Kickboards, flippers, and instructional. equipment is prohibited during open/family swim.
- Do not run or engage in rough play in the pool area or locker rooms.
- Do not bring animals, food, drink, gum or tobacco in the pool area.
- In the event of an emergency (designated by two long whistle blasts,) you are required to clear the pool and deck, and follow all other instructions given to you by staff.