


# pool schedule

Effective July 16, 2018

 = Pool reserved for private activity.

**NOTE: POOL IS CLOSED AT TIMES WHEN NO ACTIVITY IS LISTED**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-9:00 a.m. <b>Early Bird Lap Swim</b> (5 lanes open)	6:00-8:40 a.m. <b>Early Bird Lap Swim</b> (5 lanes open)	6:00-8:40 a.m. <b>Early Bird Lap Swim</b> (5 lanes open)	6:00-8:40 a.m. <b>Early Bird Lap Swim</b> (5 lanes open)	6:00-8:40 a.m. <b>Early Bird Lap Swim</b> (5 lanes open)	6:00-8:40 a.m. <b>Early Bird Lap Swim</b> (5 lanes open)	6:30-8:55 a.m. <b>Early Bird Lap Swim</b> (5 lanes open)
9:00-11:00 a.m. <b>Youth Swim Lessons</b>	8:45-9:30 a.m. <b>Water Exercise &amp; Deep Water Dip</b>	8:45-9:30 a.m. <b>Water Exercise &amp; Deep Water Dip</b>	8:45-9:30 a.m. <b>Water Exercise &amp; Deep Water Dip</b>	8:45-9:30 a.m. <b>Water Exercise &amp; Deep Water Dip</b>	8:45-9:30 a.m. <b>Water Exercise &amp; Deep Water Dip</b>	9:00 a.m.-11:00 a.m. <b>Youth Swim Lessons</b>
11:00 a.m.-3:00p.m. <b>Open Swim/2 Lap Lanes</b>	9:30-10:30 a.m. <b>Childcare Swim Lessons</b>	9:30-11:30 a.m. <b>Childcare Swim Lessons</b>	9:30-10:00 a.m. <b>Open Swim/2 Lap Lanes</b>	9:30-12:00 p.m. <b>Open Swim/2 Lap Lanes</b>	9:30-10:30 a.m. <b>Childcare Swim Lessons</b>	11:00 a.m.-1:30 p.m. <b>Open Swim/2 Lap Lanes</b>
	10:30-11:00 a.m. <b>Open Swim</b>	11:30 a.m.-12:00 p.m. <b>Open Swim/2 Lap Lanes</b>	10:00-11:00 a.m. <b>Youth Swim Lessons</b>	12:00-2:00 p.m. <b>Lap Swim (5 lanes open)</b>	10:30-11:00 p.m. <b>Open Swim/2 Lap Lanes</b>	1:30-2:00 p.m. <b>Women's Dip</b>
	11:00-11:45 a.m. <b>Deep Water Exercise Shallow Water Dip</b>	12:00-1:00 p.m. <b>Lap Swim (5 lanes open)</b>	11:00-11:45 a.m. <b>Deep Water Exercise Shallow Water Dip</b>	2:00-5:00 p.m. <b>Youth Swim Lessons</b>	11:00-11:45 a.m. <b>Deep Water Exercise Shallow Water Dip</b>	2:00-6:30 p.m. <b>Party Rental</b>
	12:00-1:25 p.m. <b>Lap Swim (5 lanes open)</b>	1:00-2:00 p.m. <b>Open Swim/3 Lap Lanes</b>	12:00-1:25 p.m. <b>Lap Swim (5 lanes open)</b>	5:00-6:25 p.m. <b>Open Swim/2 Lap Lanes</b>	12:00-1:00 p.m. <b>Lap Swim (5 lanes open)</b>	
	1:30-2:15 p.m. <b>Water Exercise Deep Water Dip</b>	2:00-3:00 p.m. <b>Ai Chi</b>	1:30-2:30 p.m. <b>Water Exercise Deep Water Dip</b>	6:30-7:15 p.m. <b>Deep Water Exercise Shallow Water Dip</b>	1:00-2:00 p.m. <b>Open Swim/3 Lap Lanes</b>	
	2:15-3:00 p.m. <b>Open Swim</b>	3:00-5:00 p.m. <b>Youth Swim Lessons</b>	2:30-3:00 p.m. <b>Open Swim</b>	7:15-8:30 p.m. <b>YouthConnect</b>	2:00-3:00 p.m. <b>Youth Swim Lessons</b>	
	3:00-5:00 p.m. <b>SPLASH</b>	5:00-6:30 p.m. <b>Open Swim/2 Lap Lanes</b>	3:00-5:00 p.m. <b>SPLASH</b>		3:00-5:00 p.m. <b>Open Swim/2 Lap Lanes</b>	
	5:00-6:25 p.m. <b>Open Swim/2 Lap Lanes</b>	6:30-7:15 p.m. <b>Water Exercise Deep Water Dip</b>	5:00-6:25 p.m. <b>Open Swim/2 Lap Lanes</b>		5:00-7:00 p.m. <b>Open Swim/3 Lap Lanes</b>	
	6:30-7:15 p.m. <b>Water Exercise Deep Water Dip</b>		6:30-7:15 p.m. <b>Water Exercise Deep Water Dip</b>		7:00-8:30 p.m. <b>Family Fun Friday</b>	
	7:15-8:30 p.m. <b>YouthConnect</b>		7:15-8:30 p.m. <b>YouthConnect (Girls Only)</b>		8:30-9:00 p.m. <b>Open Swim</b>	

For information about signing up for reserved activities, call us at **508-767-2505**, visit the front desk, or go to **ywcacm.org**.

eliminating racism  
empowering women  
**ywca**  
Central Massachusetts

## Swim Style Descriptions

---

**Open Swim:** Open to all ages (includes infants, preschoolers, youth, teens and adults).

**Partial Open Swim:** The area of 2 lap lanes are open to all ages (includes infants, preschoolers, youth, teens and adults).

**Lap Swim:** Swimming in designated lanes. Open to men & women, ages 13 & over. “Open Style” lane available for water exercise, water running, synchronized swimming or other styles.

**Women’s Dip:** Women ages 18 & over. No men or teens. One or two lap lanes available on request.

**Open Swim/Lap Lane:** Open Swim with 2 or 3 lap lanes available. Lap lane priority is given to lap swimmers.

**Deep Water Dip:** Swimming in the deep end of the pool only. The shallow end of the pool in use for classes.

**Shallow Water Dip:** Swimming in the shallow end of the pool only. The deep end of the pool in use for classes.

**Family Fun Friday:** Children with adults. Children under age 18 must be accompanied by an adult age 18 or over.

**Note:** *To assure the safety of all pool users, Lifeguard may adjust the # of lanes based on pool participation.*

## Aquatic Class Descriptions

---

**Ai Chi:** A simple water exercise and relaxation program performed using a combination of deep breathing and slow, broad movements of the arms, legs, and torso in continual patterns. Benefits include increased muscle strength, balance, posture, and joint flexibility.

**Deep Water Exercise:** A deep-water aerobics class that is great for anyone in need of a good stretch and a high-energy workout. Held in the deep end of the pool, this non-impact class is designed to improve strength, flexibility and endurance. Flotation belts are used to maximize balance and effective exercise.

**Shallow Water Exercise:** High energy, low impact workout class, held in the shallow end of the pool. Built into the class is a strong cardio segment combined with strength training, using resistant equipment and stretching to improve flexibility.

## Age & Supervision Requirements

---

*Note: additional age requirements are noted in swim descriptions.*

Child under 6 years: Adult (18 & over) must accompany in water.

Child 6–12 years: Adult (18 & over) must accompany in pool area.

Child over 13 years: No supervision required.