

## YMCA of Martha's Vineyard Noepe Aquatic Center Schedule

**February 24<sup>th</sup> – March 2<sup>nd</sup> 2025 FEBRUARY SCHOOL VACATION WEEK**



Activity	Monday 2/24	Tuesday 2/25	Wednesday 2/26	Thursday 2/27	Friday 2/28	Saturday 3/1	Sunday 3/2
<b>Lap Swim</b>	6:00am-8:15am 9:30am-8:00pm	6:00am-8:45am 10:00am –8:00pm	6:00am-8:15am 9:30am-8:00pm	6:00am-8:45am 10:00am-7:00pm	6:00am-8:15am 9:30am-8:00pm	8:00am-4:00pm	9:00am-1:00pm
<b>Water Aerobics</b>	8:30-9:15am	9:00-9:45am	8:30-9:15am	9:00-9:45am	8:30-9:15am		
<b>MAKOS SWIM TEAM &amp; Other Programs in lanes</b>		Phoenix Club 10-11am (Lanes 4-6)		Phoenix Club 10-11am (Lanes 4-6)  <b>WATER POLO 7:00-8:00pm</b>		MASTERS 10:00-11:00am Lanes 3+4	MASTERS 10:00-11:00am Lanes 3+4
<b>CAMP and REC SWIM</b>	CAMP 2:00-3:00pm  OPEN REC SWIM 10:00am-5:00pm	CAMP 2:00-3:00pm  OPEN REC SWIM 10:00-5:00pm	CAMP 2:00-3:00pm  OPEN REC SWIM 10:00-5:00pm	CAMP 2:00-3:00pm  OPEN REC SWIM 10:00-5:00pm	CAMP 2:00-3:00pm  OPEN REC SWIM 10:00-5:00pm	OPEN REC SWIM 8:00-4:00pm	OPEN REC SWIM 9:00am-1:00pm

Pool hours: **Monday 2/24/25-Friday 2/28/25 6am-8pm Saturday 3/1/24 8am-4pm Sunday 3/2/24 9am-1pm**

**Women's 50+ water polo Thursday 2/27 from 7:00-8:00pm. No lanes available during the game.**

Pool Schedule is subject to change.

## Basic Pool Rules:

1. All instructions given by the Lifeguard are to be followed
2. All swimmers must take a shower before entering the pool
3. Bathing caps are required for all swimmers
4. No inflatable devices are allowed
5. No street shoes are allowed on deck
6. No running, food, drink, or glass containers are allowed on deck (water in a plastic bottle is allowed)
7. No recreational use of lap lanes or starting blocks is allowed.
8. No diving in shallow water.



## Activity Descriptions:

**Recreational Swim:** No reservation required. **One adult must be in the pool area during the swim time.** Children who do not pass the swim test must have an adult in the water with them and wear a life jacket. The slide is for swimmers that have passed the swim test. Please ask the lifeguard if you would like to use the slide. Two guards must be present for the slide to be used. Please remember to take a shower before entering the pool and everyone needs a swim cap. Please bring your own towel.

**Lap Swim:** Designated for organized swimming up and down the length of the pool repeatedly. Adults or children over the age of 13 may swim in the lanes. NO RECREATIONAL SWIM or PLAYING in lap lanes is allowed. The lap lanes may also be used if you would like to do your own water exercises. If the lap lanes are full at the time you wish to exercise, please ask a lifeguard to help find you a space.

**Water Aerobics:** Designed as a shallow water medium intensity workout, using water for resistance, toning muscles, and increasing endurance and flexibility. This is a full body workout, a combination of cardio, muscle conditioning, and interval training.