

YMCA of Martha's Vineyard



November 4th – December 22nd 2024 – FALL session 2

Pool hours: **Monday-Friday 6am-8pm Saturday 8am-4pm Sunday 9am-1pm**

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	6:00am-8:15am 9:30am- 3:15pm 6:00pm - 8:00pm NO LANES 3:15-6pm	6:00am-8:45am 10:00am-3:15pm 6:00pm-8:00pm NO LANES 3:15-6pm	6:00am-8:15am 9:30am-3:15pm 6:00pm-8:00pm NO LANES 3:15-6pm	6:00am-8:45am 10:00am-3:15pm 6:00pm-8:00pm NO LANES 3:15-6pm	6:00am-8:15am 9:15am-8:00pm ONLY LANE 1 available 3:15-4:45pm starting 12/6	8:00am-4:00pm	9:00am-1:00pm
Water Aerobics	8:30-9:15am	9:00-9:45am	8:30-9:15am	9:00-9:45am	8:30-9:15am		
MAKOS SWIM TEAM & Other Programs	MAKOS SWIM TEAM + MVRHS Varsity 3:15-6:00pm	Phoenix Club Lanes 4-6 10:00-11:00am MAKOS SWIM TEAM + MVRHS Varsity 3:15-6:00pm	MAKOS SWIM TEAM + MVRHS Varsity 3:15-6:00pm	Phoenix Club lanes 4-6 10:00-11:00am MAKOS SWIM TEAM + MVRHS Varsity 3:15-6:00pm	Special Olympics (lanes 4-6) 1:00-2:00pm MVRHS Varsity Swim team 3:15-4:45pm	MASTERS 10:00-11:00 Lanes 3+4	MASTERS 10:00-11:00 Lanes 3+4
SWIM LESSONS & REC SWIM	OPEN REC SWIM 10:00-12:00pm Group lessons (lanes 5+ 6) 3:15-4:45 Rec pool lessons 3:15-5:30pm	OPEN REC SWIM 10:00-12:00pm Group lessons (lanes 5+ 6) 3:15-4:45 Rec pool lessons/ASP 3:30-5:30pm	OPEN REC SWIM 10:00-12:00pm Group lessons (lanes 5+ 6) 3:15-4:45 IAG (rec pool) 3:00-4:00pm Rec pool lessons 3:30-5:50pm	OPEN REC SWIM 10:00-12:00pm Group lessons (lanes 5+ 6) 3:15-4:45 Rec pool lessons 3:30-5:45pm	OPEN REC SWIM 10:00-12:00pm 3:00-5:30pm Parent/Child class 9:30-10am Community Services 3:00- 4:00pm ASP 4:00-5:00pm	Rec pool lessons 9:00-10:35am OPEN REC SWIM 10:40am-4:00pm	OPEN REC SWIM 9:00am-1:00pm

MVRHS Varsity team begins practice Monday 12/2 - They will swim with MAKOS GOLD 3:15-4:45 Mondays-Fridays from 12/2 through mid-February

WOMENS 50+ Water Polo 7-8pm 11/7 and 11/21 (no lap swimming available during this time)

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. **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.