



YMCA of Martha's Vineyard

December 23rd through January 5th WINTER BREAK

Activity	Monday 12/23+12/30	Tuesday 12/24 +12/31	Wednesday 12/25 + 1/1	Thursday 12/26+1/2	Friday 12/27+1/3	Saturday 12/28 + 1/4	Sunday 12/29+1/5
Lap Swim	6:00am-8:15am 9:30am- 8:00pm	12/24 6am-3pm 12/31 6am-8:45am 10am-3pm	12/25 Y CLOSED 1/1 8:30am-8pm	12/26 10am-4:00pm	6am-8:15am 9:30am-8pm	8:00am- 4:00pm	9:00am- 1:00pm
Water Aerobics	8:30-9:15am	12/24 NO CLASS 12/31 9am-9:45am	12/25 Y CLOSED 1/1 NO CLASS	9am-9:45am	8:30-9:15		
MAKOS SWIM TEAM & Other Programs	MVRHS 11am- 12:30pm Lanes 1-4 MAKOS 1-2pm (2 lanes)	12/24 NO PRACTICE 12/31 MVRHS 11am-12:30pm Lanes 1-4 MAKOS 1-2pm (2 lanes)	12/25 + 1/1 NO PRACTICE	12/26 MVRHS 11-12:30pm January 2 nd back to 3:15-4:45 Lanes 1-4 MAKOS 4:45-6pm (2 lanes)	12/27 MVRHS 11-12:30 Lanes 1-4 MAKOS 1-2pm (2 lanes) 1/3 MVRHS 3:15-4:45 Lanes 1-4	MASTERS 10:00-11:00 Lanes 3+4	MASTERS 10:00-11:00 Lanes 3+4
SWIM LESSONS & REC SWIM	OPEN REC SWIM 10:00-5:00pm 12/30 ASP 2:00-3:00pm	OPEN REC SWIM 10:00-5:00pm 12/31 ASP 2:00-3:00pm	12/25 Y CLOSED 1/1 OPEN REC SWIM 10:00am-5:00pm	12/26 OPEN REC SWIM 10:00am-5:00pm January 2nd OPEN REC SWIM 10am-12pm	12/27 OPEN REC SWIM 10:00am-4:00pm 1/3 OPEN REC SWIM 10am-12pm	OPEN REC SWIM 9:00am- 4:00pm	OPEN REC SWIM 9:00am- 1:00pm

Pool hours: 12/23 6am-8pm, 12/24 6am-3pm, 12/25 CLOSED, 12/26 8:30am-4pm, 12/27 6am-8pm, 12/28 8am-4pm, 12/29 9am-1pm, 12/30 6am-8am, 12/31 6am-3pm, 1/1/25 8:30am-9pm, 1/2/25 6am-8pm, 1/3/25 6am-8pm, 1/4/25 8am-4pm, 1/5/25 9am-1pm

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: **One adult must be in the pool area during the swim time.** Children who do not pass the swim test must wear a life jacket and have an adult in the water within arm's reach. If you are specifically working on swimming skills with your child, please inform the lifeguard, and the lifejacket may be removed during that time, as long as you stay within an arm's reach of the child. 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.