



YMCA of Martha's Vineyard

July 1st to August 18th 2024 – SUMMER SESSION

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 9:15am- 8:00pm ONLY LANE 1 5-6pm	6:00am-8:45am 9:45am-8:00pm ONLY LANE 1 5-6pm	6:00am-8:15am 9:15am- 8:00pm ONLY LANE 1 5-6pm	6:00am-8:45am 9:45am-8:00pm ONLY LANE 1 5-6pm	6:00am-8:15am 9:15am-8:00pm	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	School Aged Lessons 3:30-5:05 Lanes 5+6 MAKOS (lanes 2-6) 5:00-6:00pm	Phoenix Club (lane 4-6) 10:00-11:00am School Aged Lessons 3:30-5:05 Lanes 5+6 MAKOS (lanes 2-6) 5:00-6:00pm	Masters 10:00-11:00 Lanes 3+4 School Aged Lessons 3:30-5:05 Lanes 5+6 MAKOS (lanes 2-6) 5:00-6:00pm	Phoenix Club (lanes 4-6) 10:00-11:00am School Aged Lessons 3:30-5:05 Lanes 5+6 MAKOS (lanes 2-6) 5:00-6:00pm	Special Olympics (lanes 4-6) 1:00-2:00pm	MASTERS 10:00-11:00 11:00 Lanes 3+4	MASTERS 10:00-11:00 Lanes 3+4
SWIM LESSONS & REC SWIM	Rec Swim Lessons 9:30-10am 3:30-5:45pm OPEN REC SWIM 10:00-3:00pm YMCA CAMP 10:00-3:00pm	Rec Swim Lessons 3:30-5:45pm OPEN REC SWIM 10:00-3:00pm YMCA CAMP 10:00-3:00pm	IAG 2:00-3:00pm Rec Swim Lessons 9:30-10:00am 3:30-5:45pm OPEN REC SWIM 10:00-3:00pm YMCA CAMP 10:00-12:00pm	Rec Swim Lessons 3:30-5:45pm OPEN REC SWIM 10:00-3:00pm YMCA CAMP 10:00-3:00pm	Community Services 3:00- 4:00pm OPEN REC SWIM 10:00-5:00pm YMCA CAMP 10:00-12:00pm	OPEN REC SWIM 9:00am-4:00pm	OPEN REC SWIM 9:00am-1:00pm

4th of July pool open 6am-12pm YMCA closes at 1pm - Pool will be closed 7:00pm-8:00pm Thursday July 11th and 25th for Womens 50+ Water Polo

****PLEASE REGISTER FOR SWIM LESSONS/MAKOS SWIM TEAM PRACTICES AT LEAST 24 HOUR IN ADVANCE**

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.