

YMCA of Martha's Vineyard Noepe Aquatic Center Schedule



January 9th, 2023 to February 26th, 2023

Pool hours: **Monday-Friday** 6:00am-8:00pm **Saturdays** 8:00am-4:00pm **Sundays** 9:00am-1:00pm

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	6:00am-8:15am 9:30am-3:00pm 5:00pm-8:00pm 5-6pm only lane 1	6:00am-8:00am 10:00am-3:00pm 5:00pm-8:00pm 5-6pm only lane 1	6:00am-8:15am 9:30am-3:00pm 5:00pm-8:00pm 5-6pm only lane 1	6:00am-8:00am 10:00am-8:00pm 3:15-5:40 only lanes 1+2	6:00am-8:15am 9:30am-8:00pm 3-6pm only lane 1	8:00am-4:00pm	9:00am-1:00pm
Water Aerobics	8:30-9:15am Shallow	8:15-9:00am Deep 9:05-9:50am Shallow	8:30-9:15am Shallow	8:15-9:00am Deep 9:05-9:50 Shallow	8:30-9:15am Shallow		
MAKOS SWIM TEAM & Other Programs in lanes	Swim Lessons 3:15-4:45pm MVRHS + MAKOS 3:15-6:00pm	Phoenix Club 10:00-11:00am Swim Lessons 3:15-4:45pm MVRHS + MAKOS 3:15-6:00pm	Swim lessons 3:15-4:45 MVRHS + MAKOS 3:15-6:00pm	Phoenix Club 10:00-11:00am SWIM LESSONS 3:15-5:40pm Lanes 3-6	Special Olympics 1:00-2:00pm Lanes 4-6 MVRHS + MAKOS 3:15-6:00pm		
SWIM LESSONS & REC SWIM	Rec pool lessons 3:30-5:30pm OPEN REC SWIM 10:00-12:00pm 5:30-7:00pm	Rec pool lessons 3:30-5:30pm OPEN REC SWIM 10:00-12:00pm 5:30-7:00pm	IAG 3:00-4:00pm Rec pool lessons 4:00-5:40pm OPEN REC SWIM 10:00-12:00pm 6:00-7:00pm	Rec pool lessons 3:30-5:30pm OPEN REC SWIM 10:00-12:00pm 5:30-7:00pm	OPEN REC SWIM 10:00-12:00pm 4:00-6:00pm	Rec pool lessons 9:00-11:10am OPEN REC SWIM 11:15-4:00pm	10:00am-1:00pm

POOL CLOSED: Tuesday 1/10 + Thursday 1/26 from 2:00-5:00pm, and Saturday 1/21 from 11:30-2pm for MVRHS SWIM MEETS

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: Monday through Sundays are now drop-in! 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 lifejacket. Use of 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 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 the time you wish to exercise, please ask a lifeguard to help find you a space.

Water Aerobics: Designed as a shallow and deep 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.