

YMCA of Martha's Vineyard Noepe Aquatic Center Schedule

November 1st- November 25th

Hours of Operation: **Monday-Friday** 6:00am-8:00pm **Saturdays** 8:00am-1:45pm **Sundays** 9:00am-1:45pm



Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim <u>Reservation only</u>	6:00am-8:00am 10:00am 3:45pm 6:00pm-8:00pm	6:00am-8:00am 10:00am 2:45pm 6:00pm-8:00pm	6:00am-8:00am 10:00am 3:45pm 6:00pm-8:00pm	6:00am-8:00am 10:00am-2:15pm 4:00pm-8:00pm	6:00am-8:00am 10:00am 3:45pm 6:00pm-8:00pm	8:00am-1:45pm	9:00am-1:45pm
Water Aerobics <u>Reservation only</u>	8:30am-9:30am	8:30am-9:30am	8:30am-9:30am	8:30am-9:30am	8:30am-9:30am		
MAKOS SWIM TEAM	4:00pm-5:45pm	4:00pm-5:45pm	4:00pm-5:45pm		4:00pm-5:45pm		
REC SWIM <u>Reservation only</u>		<u>Program use only</u> 3:00pm-4:00pm 6:00pm-6:45pm	10:00am-10:45pm 6:00pm-6:45pm	<u>Program use only</u> 2:15pm-4:00pm 6:00pm-6:45pm		9:45-10:30am 10:45-11:30am 11:45am-12:30	(starts 11/8) 10:00am-10:45am 11:00am-11:45am 1:00pm-1:45pm

Recreational Swim: Please call the front desk to reserve time to use the recreational pool with your family. 508-696-7171 ext 0. You may bring up to 10 people. Members are free, non-member children/teens pay \$5, non-member adults pay \$15. One adult must be in the pool area during the swim time. Children who do not pass the swim test must wear a lifejacket and have an adult in the water with them. Please remember to take a shower before entering the pool.

Basic Pool Rules:

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



Activity Descriptions: *All reservations for lap swim should be made to start at the beginning of each hour (6am, 7am, 10am 11am, 12pm, 3pm, 4pm, 5pm, 6pm 7pm) you will have a 45-minute time slot in the pool.*

Lap Swim: designated for organized swimming up and down the length of the pool repeatedly. Adults or children over the age of 13 may reserve a spot. ONE PERSON PER LANE. NO EXCEPTIONS. If you have a child on swim team or who passed the swim test and would like to swim laps, please call the front desk to reserve a lane. NO RECREATIONAL 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 call the front desk because we may be able to accommodate you in our smaller pool.

Lanes and times are limited, please reserve you spot online or with the Front Desk (508) 696-7171 ext. 0

Water Aerobics: designed as a shallow water, medium intensity workout, using water for resistance and toning muscles, and increasing endurance and flexibility. This is a full body workout - a combination of cardio, muscle conditioning, and interval training. Class size is limited, please reserve you spot online or with the Front Desk (508) 696-7171 ext. 0