

YMCA of Martha's Vineyard Noepe Aquatic Center Schedule

September 11th to October 22nd, 2023 (FALL SESSION 1)

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 9:15am-4:45pm 6:00pm-8:00pm 3-4:45pm only lane 1	6:00am-8:45am 9:45am-4:45pm 6:00pm-8:00pm 3-4:45pm only lane 1	6:00am-8:15am 9:15am-4:45pm 6:00pm-8:00pm 3-4:45pm only lane 1	6:00am-8:45am 9:45am-4:45pm 6:00pm-8:00pm 3-4:45pm only lane 1	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	MAKOS 3:15-6:00pm	Phoenix Club (lanes 4-6) 10:00-11:00am MAKOS 3:15-6:00pm	MAKOS 3:15-6:00pm	Phoenix Club (lanes 4-6) 10:00-11:00am MAKOS 3:15-6:00pm	Special Olympics (lanes 4-6) 1:00-2:00pm	MASTERS 10:00-11:00 Lanes 3+4	MASTERS 10:00-11:00 Lanes 3+4
SWIM LESSONS & REC SWIM	Group lessons (lanes 5+6) 4:00-4:45 Rec pool lessons 3:15-5:30pm OPEN REC SWIM 10:00-12:00pm 5:30-7:00pm	Group lessons (lanes 5+6) 3:15-4:45 Rec pool lessons/ASP 3:30-5:30pm OPEN REC SWIM 10:00-12:00pm 5:30-7:00pm	Group lessons (lanes 5+6) 3:15-4:45 IAG 3:00-4:00pm Rec pool lessons 4:00-5:50pm OPEN REC SWIM 10:00-12:00pm 6:00-7:00pm	Group lessons (lanes 5+6) 3:15-4:45 Rec pool lessons 3:30-5:45pm OPEN REC SWIM 10:00-12:00pm 6:00-7:00pm	Community Services 3:00-4:00pm 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 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 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. 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 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.