

# YMCA of Martha's Vineyard Noepe Aquatics Center Schedule



September 9<sup>th</sup> to September 19<sup>th</sup>

Hours of Operation: **Monday-Friday** 6:00am-7:00pm **Saturdays** 8:00am-12:00 **Sundays** Closed

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b> <u>Reservation only</u>	6:00am-8:00am 10:00am-12:45 3:00pm-7:00pm	6:00am-8:00am 10:00am-12:45 3:00pm-7:00pm	6:00am-8:00am 10:00am-12:45 3:00pm-7:00pm	6:00am-8:00am 10:00am-12:45 3:00pm-7:00pm	6:00am-8:00am 10:00am-12:45 3:00pm-7:00pm	8:00am-12:00pm	
<b>Water Aerobics</b> <u>Reservation only</u> Starts 9/14	8:30-9:30	8:30-9:30	8:30-9:30	8:30-9:30	8:30-9:30		
<b>Camp Kindness</b>	1:00-3:00pm	1:00-3:00pm	1:00-3:00pm	1:00-3:00pm	1:00-3:00pm		
MAKOS SWIM TEAM	Starting 10/12						
RECSWIM Reservation only	Starting 10/17						

## 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 recreation use of lap lanes or starting blocks is allowed.
10. No diving in shallow water.



**Activity Descriptions:** *All reservations should be made to start at the beginning of each hour ( 6am, 7am, 10am 11am, 12pm, 3pm, 4pm, 5pm, 6pm) 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 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 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 your 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, 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 your spot online or with the Front Desk (508) 696-7171 ext 0