

# YMCA of Martha's Vineyard Noepe Aquatic Center Schedule

April 25th to June 12th



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
<b>Lap Swim</b>	6:00am-8:00am	6:00am-8:00am	6:00am-8:00am	6:00am-8:00am	6:00am-8:00am		
Drop-in,	10:00am-4:00pm	10:00am-4:00pm	10:00am-4:00pm	10:00am-3:00pm	10:00am-4:00	8:00am-4:00pm	9:00am-1:00pm
	7:00pm-8:00pm	6:15pm-8:00pm	7:00pm-8:00pm	6:00pm-8:00pm	7:00-8:00pm		
<b>Water Aerobics</b>	8:30-9:15am	8:15-9:00am 9:00-9:45am	8:30-9:15am	8:15-9:00am 9:00-9:45am	8:30-9:15am		
<b>MAKOS Swim team</b>	4:00-7:00pm	4:00-6:15pm	4:00-7:00pm	3:00-6:00pm	4:00-7:00pm		
<b>REC SWIM</b>							
Drop-in Monday thru Saturday	10:00-12:00pm 6:30-7:00pm	10:00-12:00pm 6:30-7:30pm	10:00-12:00pm 6:00-7:00pm	10:00-12:00pm 6:30-7:30pm	10:00-12:00pm 4:30-6:00pm	10:00-4:00pm	10:00am-1:00pm

Schedule subject to change without notice

**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 guard 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.

## 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:

**Lap Swim:** **Reservations are NO longer required** 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. Class size is limited, please reserve your spot online or with the Front Desk (508) 696-7171 ext 0