

# YMCA of Martha's Vineyard Noepe Aquatic Center Schedule



January 3<sup>rd</sup> – February 27<sup>th</sup> Pool hours: **Monday-Friday** 6:00am-8:00pm **Saturdays** 8:00am-4:00pm **Sundays** 9:00am-1:00pm

Schedule subject to change without notice, **\*\*BOLD times require reservation\*\***

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b> <b>*BOLD time</b> <b>require</b> <b>reservations</b>	<b>6:00am-8:00am*</b> 10:00am-4:00pm 7:00pm-8:00pm	<b>6:00am-8:00am*</b> 10:00am-4:00pm 7:00pm-8:00pm	<b>6:00am-8:00am*</b> 10:00am-4:00pm 7:00pm-8:00pm	<b>6:00am-8:00am*</b> 10:00am-3:00pm 7:00pm-8:00pm*	<b>6:00am-8:00am*</b> 10:00am-4:00 7:00-8:00pm	8:00am-3:45pm	9:00am-12:45pm
<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&amp; MVRHS Swim team</b>	4:00-7:00pm	4:00-7:00pm Swim meet 1/11pm @2:15-4:30p	4:00-7:00pm	3:00-7:00pm Swim meet 1/6pm @2:15-4:30p	4:00-7:00pm	7:00-8:00am	
<b>REC SWIM</b>  M-F drop-in, Sat & Sun reservations required	10:00-12:00pm 6:30-7:00pm	10:00-12:00pm 6:30-7:30pm	10:00-12:00pm 6:30-7:00pm	10:00-12:00pm 6:30-7:30pm	10:00-12:00pm 4:30-6:00pm	<b>10:00-10:45am</b> <b>11:00-11:45am</b> <b>12:00-12:45pm</b> <b>1:00-1:45pm</b> <b>2:00-2:45pm</b> <b>3:00-3:45pm</b>	<b>10:00-10:45am</b> <b>11:00-11:45am</b> <b>12:00-12:45pm</b>

**Recreational Swim:** Monday through Friday times slots are drop-in & are open to members & the public (day pass required). Saturday & Sunday time slots are by reservation only for members. Please call the front desk to reserve time to use the recreational pool with your family on the weekends, 508-696-7171 ext 0. You may bring up to 5 people. Up to 3 families will be able to reserve per time slot (for a maximum of 15 people using the rec pool per time slot). 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. Please remember to take a shower before entering the pool and everyone needs a swim cap.

## 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:** All reservations for lap swim should be made to start at the beginning of each hour (6am, 7am, ) you will have a 45-minute time slot in the pool. From 10am-2pm and 4pm-8pm no reservation required.

**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. If you are more than 10 minutes late for your reservation, we may not be able to hold a lane for you. 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 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 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 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 you spot online or with the Front Desk (508) 696-7171 ext 0