

# YMCA of Martha's Vineyard Noepe Aquatic Center Schedule

September 12<sup>th</sup>-November 20<sup>th</sup>

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-8:15am 9:30am-3:00pm 6:00pm-8:00pm	6:00am-8:00am 10:00am-3:00pm 6:00pm-8:00pm	6:00am-8:15am 9:30am-3:00pm 6:00pm-8:00pm	6:00am-8:00am 10:00am-3:00pm 6:00pm-8:00pm	6:00am-8:15am 9:30am-3:00pm 6:00-8:00pm	8:00am-4:00pm	9:00am-1:00pm
<b>Water Aerobics</b>	8:30-9:50am Shallow	8:15-9:00am Deep 9:05-9:50am Shallow	8:30-9:15am Shallow	8:15-9:00am Deep 9:05-9:50 Shallow	8:30-9:15am Shallow		
<b>MAKOS SWIM TEAM &amp; Other Programs</b>	MAKOS 3:15-6:00pm	Phoenix Club 10:00-11:00am  MAKOS 3:15-6:00pm	IAG (rec pool) 3:00-4:00pm  MAKOS 3:15-6:00pm	Phoenix Club 10:00-11:00am  MAKOS 3:15-6:00pm	Special Olympics 1:00-2:00pm Community Services 3:00-4:00pm MAKOS 3:15-6:00pm		
<b>SWIM LESSONS &amp; REC SWIM</b>	Rec pool lessons 3:30-5:30pm  OPEN REC SWIM 10:00-12:00pm 5:30-7:00pm	Rec pool lessons 3:30-5:30pm  OPEN REC SWIM 10:00-12:00pm 5:30-7:00pm	Rec pool lessons 3:30-5:30pm  OPEN REC SWIM 10:00-12:00pm 5:30-7:00pm	Rec pool lessons 3:30-5:30pm  OPEN REC SWIM 10:00-12:00pm 5:30-7:00pm	   OPEN REC SWIM 10:00-12:00pm 5:00-6:00pm	Rec pool lessons 9:00-11:10am  OPEN REC SWIM 11:15-4:00pm	10:00am-1:00pm

**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 the deck
6. No running, food, drink, or glass containers are allowed on the 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:** 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 and deep-water medium intensity workout using water for resistance to tone muscles, and increase endurance and flexibility. This is a full body workout, a combination of cardio, muscle conditioning, and interval training.