



YMCA of Martha's Vineyard POOL SCHEDULE

June 8th to August 23rd 2026 SUMMER SESSION

Pool hours: Monday-Friday 6am-8pm Saturday 8am-4pm Sunday 9am-1pm

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	6:00am-8:15am 9:30am- 5:00pm 6:00-8:00pm NO LANES 5-6pm	6:00am-8:45am 10:00am- 5:00pm 6:00-8:00pm NO LANES 5-6pm	6:00am-8:15am 9:30am- 5:00pm 6:00-8:00pm NO LANES 5-6pm	6:00am-8:45am 10:00am- 5:00pm 6:00-8:00pm NO LANES 5-6pm	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 in LANES	School Aged Lessons 3:15-4:00 lanes 5+6 MAKOS SWIM TEAM 5:00-6:00pm whole pool	Phoenix Club lanes 5+6 10:00-11:00am School Aged Lessons 3:15-4:00 lanes 5+6 MAKOS SWIM TEAM 5:00-6:00pm whole pool	School Aged Lessons 3:15-4:50 lanes 5+6 MAKOS SWIM TEAM 5:00-6:00pm whole Pool	Phoenix Club lanes 5+6 10:00-11:00am School Aged Lessons 3:15-4:50 lanes 5+6 MAKOS SWIM TEAM 5:00-6:00pm whole pool	Special Olympics lanes 4-6 1:00-2:00pm	MASTERS lanes 3+4 10-11am	MASTERS lanes 3+4 10-11am
SWIM LESSONS & REC SWIM IN REC POOL	Rec Pool Lessons 3:30-5:45pm OPEN REC SWIM 10:00am-3:30pm YMCA CAMP *Varies daily	Rec Pool Lessons 3:30-5:45pm OPEN REC SWIM 10:00am-3:30pm YMCA CAMP *Varies daily	Rec Pool Lessons 9:30-10:00am IAG 2:00-3:00pm 3:30-5:45pm OPEN REC SWIM 10:00am-3:30pm YMCA CAMP *Varies daily	Rec Pool Lessons 3:30-5:45pm OPEN REC SWIM 10:00am-3:30pm YMCA CAMP *Varies daily	Rec Swim Lessons 9:30-10:00am OPEN REC SWIM 10:00am-5:00pm YMCA CAMP *Varies daily	OPEN REC SWIM 9:00am-4:00pm	OPEN REC SWIM 9:00am-1:00pm

Private lesson instructors will be using lanes and rec pool throughout the day

PLEASE REGISTER FOR DROP-IN GROUP SWIM LESSONS/MAKOS SWIM TEAM PRACTICES BY NOON DAY OF – see website

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: 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. Bring your own towel.

Lap Swim: Designated for organized swimming up and down the length of the pool repeatedly. 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, we encourage circle swimming with swimmers of similar speed and ability. Always ask before entering a swimmer's lane. Please ask a lifeguard if you need any assistance.

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.