YMCA of Martha's Vineyard

October 26th to November 1st 2026– Break week between Fall Session 1 and Fall Session 2

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

Activity	Monday 10/26	Tuesday 10/27	Wednesday 10/28	Thursday 10/29	Friday 10/30	Saturday 10/31	Sunday 11/1
Lap Swim	6:00am-8:15am 9:30am- 8:00pm	6:00am-8:45am 10:00am-8:00pm	6:00am-8:15am 9:30am-8:00pm	6:00am-8:45am 10:00am-8:00pm	6:00am-8:15am 9:30am-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		Phoenix Club (lanes 4-6) 10:00-11:00am MAKOS Comp Team 3:30-5 Lanes 4-6	MAKOS Comp Team 3:30-5 Lanes 4-6	Phoenix Club (lanes 4-6) 10:00-11:00am MAKOS Comp Team 3:30-5 Lanes 4-6		MASTERS 10:00- 11:00 Lanes 3+4	MASTERS 10:00-11:00 Lanes 3+4
SWIM LESSONS & REC SWIM	**OPEN REC SWIM** 10am-12pm 3:00pm-5:00pm	**OPEN REC SWIM** 10am-12pm 3:00pm-5:00pm	**OPEN REC SWIM** 10am-12pm 3:00pm-5:00pm	**OPEN REC SWIM** 10am-12pm 3:00pm-5:00pm	**OPEN REC SWIM** 10am-12pm 3:00pm-5:00pm	**OPEN REC** SWIM 9:00am- 4:00pm	**OPEN REC SWIM** 9:00am- 12:00pm

FALL 2 Group Swim Lessons and MAKOS starts Monday November 2nd

register online (https://www.ymcamv.org/experience/aquatics/) or stop by the front desk!

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. Please 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, please ask a lifeguard to help find you a space.

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.