# YMCA of Martha's Vineyard

## November 23rd – November 29th 2026– THANKSGIVING WEEK!

**Pool hours: 11/23+11/24 6am-8pm, 11/25 6am-3pm, 11/26 CLOSED, 11/27 8:15am-4pm, 11/28 8am-4pm, 11/29 9am-1pm**

| Activity | Monday 11/23 | Tuesday 11/24 | Wednesday 11/25<br>YMCA CLOSES at 4pm<br>Pool CLOSES at 3pm | Thursday 11/26 | Friday 11/27<br>YMCA 8am-5pm<br>POOL 8:15-4pm | Saturday<br>11/28 | Sunday<br>11/29 |
|---|---|---|---|---|---|---|---|
| **Lap Swim** | 6:00am-8:15am<br>9:30am- 3:30pm<br>**NO LANES 3:30-5pm**<br>5:00pm-8:00pm | 6:00am-8:45am<br>10:00am-3:30pm<br>**NO LANES 3:30-5pm**<br>5:00pm-8:00pm | 6:00am-8:15am<br>9:30am-11:00am<br>**11-12:30 ONLY LANES 5+6**<br>12:30-3:00 | **YMCA** | 9:30am-11:00am<br>**11-12:30 ONLY LANES 5+6**<br>12:30-4:00pm | 8:00am-11:00am<br>**11-12:30 ONLY LANES 5+6**<br>12:30-4:00pm | 9:00am-<br>1:00pm |
| **Water Aerobics** | 8:30-9:15am | 9:00-9:45am | 8:30-9:15am | **CLOSED** | 8:30-9:15am | | |
| **MAKOS SWIM TEAM & Other Programs** | **MVRHS Captains and MAKOS Comp Team 3:30-5pm** | Phoenix Club<br>(lanes 4-6)<br>10:00-11:00am<br>**MVRHS Captains and MAKOS Comp Team 3:30-5pm**<br>OCEAN ATHLETE TRAINING<br>6-7pm Lanes 4-6 | **MVRHS Captains practice 11am-12:30pm lanes 1-4** | **HAPPY** | **MVRHS Captains practice 11am-12:30pm lanes 1-4** | **MVRHS Captains practice 11am-12:30pm lanes 1-4** | |
| **SWIM LESSONS & REC SWIM** | **OPEN REC SWIM**<br>10am-12pm<br>3:00pm-5:30pm | **OPEN REC SWIM**<br>10am-12pm<br>3:00pm-5:30pm | **OPEN REC SWIM**<br>10am-3pm | **THANKSGIVING!** | **OPEN REC SWIM**<br>10am-4pm | **OPEN REC** SWIM 9:00am-<br>4:00pm | **OPEN REC SWIM**<br>9:00am-<br>1:00pm |

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.