YMCA of Martha's Vineyard POOL SCHEDULE

November 30th to December 20th 2026 – FALL SESSION 2 -Updated FOR MVRHS SWIM SEASON STARTING

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- 2:15pm **NO LANES 2:15-6pm** 6:00pm - 8:00pm	6:00am-8:45am 10:00am-2:15pm **NO LANES 2:15-6pm** 6:00pm-8:00pm	6:00am-8:15am 9:30am-2:15pm **NO LANES 2:15-6pm** 6:00pm-8:00pm	6:00am-8:45am 10:00am-2:15pm **NO LANES 2:15-6pm** 6:00pm-8:00pm	6:00am-8:15am 9:30am-2:15pm **NO LANES 2:15-5pm** 5:00pm-8:00pm	8:00am- 4:00pm	9:00am- 1:00pm
Water Aerobic	8:30-9:15am	9:00-9:45am	8:30-9:15am	9:00-9:45am	8:30-9:15am		
MAKOS SWIM TEAM & Other Program	MVRHS 2:15-3:45pm MVRHS + MAKOS 3:30-6:00pm	Phoenix Club Lanes 4-6 10:00-11:00am MVRHS 2:15-3:45pm MVRHS + MAKOS 3:30-6:00pm OAT 6pm-7pm lanes 4-6	MVRHS 2:15-3:45pm MVRHS + MAKOS 3:30-6:00pm	Phoenix Club lanes 4-6 10:00-11:00am MVRHS 2:15-3:45pm MVRHS + MAKOS 3:30-6:00pm OAT 6pm-7pm lanes 4-6	Special Olympics lanes 4-6 1:00-2:00 MVRHS 2:15-5:00pm	MASTERS 10- 11 Lanes 3+4	MASTERS 10-11 Lanes 3+4
SWIM LESSON & REC SWIM	**OPEN REC SWIM** **10-12:00pm 3-3:30pm** Adult IAG 12-1pm Swim lessons 3:30-5:55pm	**OPEN REC SWIM** **10-12:00pm 3-3:30pm** ASP 3:30-4:30 Swim lessons 3:30-5:55pm	**OPEN REC SWIM** **10-2:00pm 3-3:30pm** Adult IAG 12-1pm Swim w/ me10:30-11:30 Swim lessons 4-5:40pm	**OPEN REC SWIM** **10-12:00pm 3-3:30pm** IAG (rec pool) 3-4pm Swim lessons 4:00-5:55pm	**OPEN REC SWIM** **10-12:00pm 3-5:30pm** Parent/Child 9:30-10am MVCS 3:30- 4:30pm ASP 4:00-5:00pm	Rec lessons 9-10:35am **OPEN REC SWIM** **10:40-4pm**	**OPEN REC SWIM** **9:00am-1:00pm**

ADJUSTED BUILDING & POOL HOURS:

Christmas Eve 12/24 building closing 4pm pool 3pm, Christmas 12/25 YMCA CLOSED, Friday 12/26 building 8-5 pool 8:15-3, NYE 12/31 building closing 4pm pool 3pm

Modified pool schedules are coming for 12/21-1/3 as programing will change during school vacation weeks.

MVRHS HOME MEET Friday12/18 VS BARNSTABLE **Pool closes at 2pm MEET START 3pm** COME CHEER US ON! The pool re-opens at 5pm for lap swimming

Winter Session Group Lesson and MAKOS Swim Team registration will open on 12/14 for members and 12/16 for the general public – Winter Session Starts 1/5/26.

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.