

YMCA of Martha's Vineyard POOL SCHEDULE



December 1st to December 21st 2025 – FALL SESSION 2 (Updated 11/24/25)

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- 3:30pm 6:00pm - 8:00pm ONLY 1&2 2:15-3:30 NO LANES 3:30-6pm	6:00am-8:45am 10:00am-3:30pm 6:00pm-8:00pm ONLY lanes 1&2 2:15-3:30 NO LANES 3:30-6pm	6:00am-8:15am 9:30am-3:30pm 6:00pm-8:00pm ONLY lanes 1&2 2:15-3:30 NO LANES 3:30-6pm	6:00am-8:45am 10:00am-3:30pm 6:00pm-8:00pm ONLY lanes 1&2 2:15-3:30 NO LANES 3:30-6pm	6:00am-8:15am 9:30am-3:30pm 5:00pm-8:00pm ONLY lanes 1&2 2:15-3:30 NO LANES 3:30-5pm	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 Practice 1 2:15-3:45pm Lanes 3-6 MAKOS SWIM TEAM + MVRHS Practice 2 3:30-6:00pm	Phoenix Club Lanes 4-6 10:00-11:00am MVRHS Practice 1 2:15-3:45pm Lanes 3-6 MAKOS SWIM TEAM +MVRHS practice 2 3:30-6:00pm	MVRHS Practice 1 2:15-3:45pm Lanes 3-6 MAKOS SWIM TEAM +MVRHS practice 2 3:30-6:00pm OAT 6pm-7pm lanes 3-6	Phoenix Club lanes 4-6 10:00-11:00am MVRHS Practice 1 2:15-3:45pm Lanes 3-6 MAKOS SWIM TEAM +MVRHS practice 2 3:30-6:00pm	Special Olympics lanes 4-6 1:00-2:00pm MVRHS Practice 1 2:15-3:45pm Lanes 3-6 MVRHS Practice 2 3:30-5:00pm (all lanes)	MASTERS 10-11 Lanes 3+4	MASTERS 10-11 Lanes 3+4 OAT 11am-1pm Lanes 4-6
SWIM LESSON & REC SWIM	OPEN REC SWIM 10-12:00pm 3-3:30pm Adult IAG 12-1pm Swim lessons 3:30-5:40pm	OPEN REC SWIM 10-12:00pm 3-3:30pm ASP 3:30-4:30 Swim lessons 3:30-5:40pm	OPEN REC SWIM 10-2:00pm 3-3:30pm Swim w/ me 10:30-11:30 IAG (rec pool) 3-4pm Swim lessons 4-5:40pm	OPEN REC SWIM 10-12:00pm 3-3:30pm Swim lessons 3:30-5:55pm	OPEN REC SWIM 10-12:00pm 3-5:30pm Parent/Child 9:30-10am MVCS 3:00- 4:00pm 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: Tuesday 12/2 building & pool opening at 9am, Wednesday 12/17 building closing at 6pm,

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 12/22-12/31 as programing will change during school vacation.

Women's Water Polo Thursday December 11th 7-8pm (no lap swim during game) - **Co-Ed Rec Pool Volleyball** Sunday December 7th 12-1pm (no rec swim during game)

MVRHS HOME MEET Thursday 12/11 VS NANTUCKET **Pool closes at 1pm** COME CHEER US ON! The pool opens at 3:30 for lessons and MAKOS!

Winter Session Group Lesson and MAKOS Swim Team registration will open on 12/15 for members and 12/17 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.