



YMCA of Martha's Vineyard

December 22nd 2025 through January 4th 2026 WINTER BREAK

Pool hours: 12/22+ 12/23 6am-8pm, 12/24 6am-3pm, 12/25 CLOSED, 12/26 8:15am-4pm, 12/27 8am-4pm, 12/28 9am-1pm, 12/29+12/30 6am-8am, 12/31 6am-3pm,

Activity	Monday 12/22+12/29	Tuesday 12/23 +12/30	Wednesday 12/24 + 12/31	Thursday 12/25-CLOSED 1/1 - OPEN	Friday 12/26+1/2	Saturday 12/27 + 1/3	Sunday 12/28+1/4
Lap Swim	6:00am-8:15am 9:30am- 8:00pm *Only 1 lane 12-2pm	6:00am-8:45am 10am- 8:00pm *Only 1 lane 12-2pm	6:00am-8:15am 9:30am- 3:00pm	1/1 pool opens at 8:30am for water aerobics. Lap swim 10am-8pm	12/26 6am-8:15am 9:30am-4pm 1/2/26 - Regular hours *Only 1 lane 12-2pm	8:00am-4:00pm *Possibly only lane 1 12-2pm	9:00am-1:00pm
Water Aerobics	8:30-9:15am	9am-9:45am	8:30-9:15	9am-9:45am	8:30-9:15		
MAKOS SWIM TEAM & Other Programs	MVRHS 12-2pm Lanes 2-6 MAKOS 2:30-4pm (2 lanes)	MVRHS 12-2pm Lanes 2-6 MAKOS 2:30-4pm (2 lanes)	12/24 NO MVRHS OR MAKOS 12/31 MVRHS 12-2pm Lanes 2-6	12/25 CLOSED 1/1 NO MVRHS OR MAKOS	MVRHS 12-2pm Lanes 1-4 MAKOS 1-2pm (2 lanes)	MASTERS 10:00-11:00 Lanes 3+4 *Possible MVRHS 12-2 (Laes 2-6)	MASTERS 10:00-11:00 Lanes 3+4
SWIM LESSONS & REC SWIM	OPEN REC SWIM 10:00-5:00pm 12/29 ASP 2:00-3:00pm	OPEN REC SWIM 10:00-5:00pm 12/30 ASP 2:00-3:00pm	12/25 Y CLOSED 1/1 OPEN REC SWIM 10:00am-3:00pm	1/1/26 OPEN REC SWIM 10:00am-5:00pm	12/26 OPEN REC SWIM 10:00am-4:00pm 1/2 OPEN REC SWIM 10am-5pm	OPEN REC SWIM 9:00am-4:00pm	OPEN REC SWIM 9:00am-1:00pm

1/1/25 8:30am-9pm, 1/2/25 6am-8pm, 1/3/25 8am-4pm, 1/4/25 9am-1pm

****PLEASE NOTE POSSIBLE additional MVRHS practice Saturday 12/27 and 1/3 TBD If we practice, we will use lanes 2-6 and only 1 lane will be available to lap swimmers – I will confirm by the Friday before of each date so the front desk will know about the next day if anyone calls to inquire.**

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: **One adult must be in the pool area during the swim time.** Children who do not pass the swim test must wear a life jacket and have an adult in the water within arm's reach. If you are specifically working on swimming skills with your child, please inform the lifeguard, and the lifejacket may be removed during that time, as long as you stay within an arm's reach of the child. 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.