



CHARLES RIVER YMCA POOL SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday May 23 – Sunday June 19
No Swim Team May 29- May 30

LAP SWIM						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00a-8:15a 3 Lanes	6:00a-10:45a 3 Lanes	6:00a-8:15a 3 Lanes	6:00a-10:45a 3 Lanes	6:00a-8:15a 3 Lanes	7:00a-7:45a 3 Lanes	8:00a-8:45a 3 Lanes
9:30a-11:45a 1 Lane	11:00a-11:45a 1 Lane	9:30a-11:45a 1 Lane	12:00p-3:00p 3 Lanes	9:30a-11:45a 1 Lane	12:45p-2:45p 3 Lanes	
12:00p-3:00p 3 Lanes	12:00p-1:45p 3 Lanes	12:00p-1:45p 3 Lanes		12:00p-3:00p 3 Lanes		
	5:00p-6:45p 1 Lane	6:00p-6:45pm 1 Lane		6:00p-6:45p 1 Lane		
				7:00p-7:45p 3 Lanes		

FAMILY SWIM						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00a-11:45a 2 Lanes	11:00a-11:45a 2 Lanes	11:00a-11:45a 2 Lanes		11:00a-11:45a 2 Lanes	2:45p-4:45p 3 Lanes	12:45p-2:00p 3 Lanes
		6:00p-6:45p 2 Lanes		6:00p-6:45p 2 Lanes		

WATER FITNESS*						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Deep VIIT 8:30a-9:30a 3 Lanes	Joint Venture 2:00p-2:45p 3 Lanes	Circuit Training 8:30a-9:30a 3 Lanes	Joint Venture 11:00a-11:45a 3 Lanes	LaBlast Splash 8:30a-9:15a 3 Lanes	LaBlast Splash 8:00a-9:00a 3 Lanes	
		Joint Venture 2:00p-2:45p 3 Lanes		<i>Deep End personal workout space available during class.</i>	<i>Deep End personal workout space available during class.</i>	

***Online registration is required for water fitness classes and personal workout space. Please visit ymcaboston.motionvibe.com to sign up.**

Pool Schedule is subject to change based on programming needs. Thank you for your patience!

SAFE POOLS HAVE RULES



All kids
shorter than
65 inches must
pass a safety
swim test

Only Coast
Guard-approved
personal
floatation
devices (PFDs)
allowed



Unsafe behavior, as
determined by the
lifeguard, is prohibited

No glass
allowed on
the pool deck



- Do not enter the pool if you suspect you have or have a communicable disease or an open cut or blister.
- Wear family appropriate and clean swim attire only.
- Shower, using warm water and soap, before entering the pool or after use of toilet facilities.
- Children in diapers must wear a reusable plastic pant with snug elasticized legs and waistband.
- Diving is prohibited in water less than 9 feet deep.
- Spitting, spouting water from mouth or blowing the nose in the pool is prohibited.
- No extended breath-holding or hyperventilation.
- Only U.S. Coast Guard approved lifejackets and wearable foam flotation devices are allowed. Users must remain within arm's reach of an adult.
- Do not run or engage in rough play in the pool area or locker rooms.
- Diaper changing in the pool area is prohibited. Please use locker rooms.
- Do not bring animals into the pool area.
- Do not bring food, drink, gum or tobacco into the pool area.
- Glass and shatterable items are prohibited in the pool area.
- Children under the age of 7 must accompanied by an adult in the water.