



Small Pool @ YMCA of Greater Westfield
November 2nd - January 1st

67 Court Street
WESTFIELD, MA 01085
(413) 568-8631

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Adult Open Swim 5:15am - 8am	Adult Open Swim 5:15am - 8am	Adult Open Swim 5:15am - 8am	Adult Open Swim 5:15am - 8am	Adult Open Swim 5:15am - 8am		
7am						Adult Open Swim 7am - 8:30am	
8am	Family Open Swim 8am - 9am	Family Open Swim 8am - 8:30am	Family Open Swim 8am - 9am	Family Open Swim 8am - 8:30am	Family Open Swim 8am - 8:30am	Swim Lessons 8:30am - 11am	
		Poolates Heidi 8:30am - 9:15am		Poolates Heidi 8:30am - 9:15am	Pool Fitness Sue 8:30am - 9:15am		
9am			Swim Lessons 9:30am - 10:30am		Poolates Teri 9:20am - 10:05am		
10am		Poolates Deep End Teri 10:30am - 11:15am		Poolates Deep End Teri 10:30am - 11:15am	Swim Lessons 10:15am - 11am		
11am	AOA Pool Fitness Sue 11am - 11:50am	Swim Lessons 11:15am - 12pm	AOA Pool Fitness Sue 11am - 11:50am	Swim Lessons 11:15am - 12pm	Swim Lessons 11am - 12pm	Family Open Swim (may change due to b-day parties) 11am - 4:30pm	
12pm	Therapy Swim Self- Instructed 12pm - 1pm	Therapy Swim Self- Instructed 12pm - 1pm	Therapy Swim Self- Instructed 12pm - 1pm	Therapy Swim Self- Instructed 12pm - 1pm	Therapy Swim Self- Instructed 12pm - 1pm		
1pm	Swim Lessons 1pm - 2pm	AOA Pool Fitness Sue 1pm - 1:50pm	Swim Lessons 1pm - 2pm	AOA Pool Fitness Sue 1pm - 1:50pm	Swim Lessons 1pm - 2pm		
					Swim Lessons 1pm - 2pm		
2pm	Adult Open Swim 2pm - 3pm	Adult Open Swim 2pm - 3pm	Adult Open Swim 2pm - 3pm	Adult Open Swim 2pm - 3pm	Adult Open Swim 2pm - 3pm		
3pm	Family Open Swim 3pm - 5pm	Family Open Swim 3pm - 4:30pm	Family Open Swim 3pm - 4:30pm	Family Open Swim 3pm - 5pm	Family Open Swim 3pm - 4:30pm		
4pm		Swim Lessons 4:30pm - 6:30pm	Swim Lessons 4:30pm - 6:30pm		Swim Lessons 4:30pm - 6:30pm		
5pm	Poolates Teri 5:10pm - 6pm			Swim Lessons 5pm - 6:45pm			
6pm	Therapy Swim Self- Instructed 6:30pm - 7:30pm	Family Open Swim 6:30pm - 8:30pm	Therapy Swim Self- Instructed 6:30pm - 7:30pm	Family Open Swim 6:45pm - 8:30pm	Therapy Swim Self- Instructed 6:30pm - 7:30pm		
7pm	Family Open Swim 7:30pm - 9pm		Family Open Swim 7:30pm - 9pm		Family Open Swim 7:30pm - 9pm		
8pm		Adult Open Swim 8:30pm - 9:30pm		Adult Open Swim 8:30pm - 9:30pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Lap Swim (All Lanes) 5:15am - 6:30am	Lap Swim (All Lanes) 5:15am - 8:30am	Lap Swim (All Lanes) 5:15am - 6:30am	Lap Swim (All Lanes) 5:15am - 8:30am	Lap Swim (All Lanes) 5:15am - 6:30am		
6am	Masters Swim (Lanes 4-6) 6:30am - 7:30am		Masters Swim (Lanes 4-6) 6:30am - 7:30am		Masters Swim (Lanes 4-6) 6:30am - 7:30am		
	Lap Swim (Lanes 1-3) 6:30am - 9am		Lap Swim (Lanes 1-3) 6:30am - 9am				
7am					Lap Swim (All Lanes) 7:30am - 2:40pm	Masters Swim (Lanes 4-6) 7am - 8am	
8am		Lap Swim (Lanes 4-6) 8:30am - 9:30am	Pool Fitness Sue . 8:30am - 9:15am	Lap Swim (Lanes 4-6) 8:30am - 9:30am		Lap Swim (Lane 3) 8am - 10am	
		Pool Fitness Cindy . 8:30am - 9:20am	Lap Swim (Lanes 5-6) 8:30am - 9:15am	Pool Fitness Cindy . 8:30am - 9:20am		Swim Team (Lanes 4-6) 8am - 10am	
9am	Pool Fitness Sue . 9am - 9:45am	Lap Swim (All Lanes) 9:30am - 2:40pm	Lap Swim (All Lanes) 9:15am - 2:40pm	Lap Swim (All Lanes) 9:30am - 2:40pm			Cole Pool 9:15am - 1:45pm
	Lap Swim (All Lanes) 9:45am - 2:40pm						Family Open Swim (Lane 1-3) 9:15am - 1:45pm
10am						Lap Swim (Lanes Vary) 10am - 5:30pm	Lap Swim (Lanes 4-6) 9:15am - 1:45pm
11am						Family Open Swim 11am - 4:30pm	
2pm	Lap Swim (Lanes 1-2) 2:40pm - 6pm	Lap Swim (Lanes 1-2) 2:40pm - 6pm	Lap Swim (Lanes 1-2) 2:40pm - 6pm	Swim Team (Lanes 3-6) 2:40pm - 4:30pm	Lap Swim (Lanes 1-2) 2:40pm - 6pm		
	Swim Team (Lanes 2-6) 2:40pm - 6pm	Swim Team (Lanes 3-6) 2:40pm - 4:30pm	Lap Swim (Lanes 1-2) 2:40pm - 6:30pm		Lap Swim (Lanes 1-2) 2:40pm - 6:30pm		
					Swim Team (Lanes 3-6) 2:40pm - 6:30pm		
3pm	Swim Team (Lanes 3-6) 3pm - 5:15pm	Lap Swim (Lanes 1-2) 3pm - 5:15pm	Swim Team (Lanes 3-6) 3pm - 5:15pm	Lap Swim (Lanes 1-2) 3pm - 5:15pm	Swim Team (Lanes 3-6) 3pm - 5:15pm		
		Swim Team (Lanes 3-6) 3pm - 5:15pm		Swim Team (Lanes 3-6) 3pm - 5:15pm			
4pm				Swim Lessons 4pm - 5pm			
5pm	Swim Team (Lanes 4-6) 5:15pm - 6:15pm	Swim Team (Lanes 4-6) 5:15pm - 6:15pm	Swim Team (Lanes 4-6) 5:15pm - 6:15pm	Swim Team (Lanes 4-6) 5:15pm - 6:15pm	Swim Team (Lanes 4-6) 5:15pm - 6:15pm		

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6pm	Swim Team (Lanes 5-6) 6pm - 6:30pm	Pool Fitness Cindy/Teri. 6:05pm - 6:50pm	Swim Team (Lanes 5-6) 6pm - 6:30pm	Pool Fitness Jean. 6:05pm - 6:50pm	Swim Team (Lanes 5-6) 6pm - 6:30pm		
	Lap Swim (Lane 4) 6:15pm - 7pm	Lap Swim (Lane 4) 6:15pm - 7pm	Lap Swim (Lane 4) 6:15pm - 7pm	Lap Swim (Lane 4) 6:15pm - 7pm	Lap Swim (Lane 4) 6:15pm - 7pm		
	Lap Swim (All Lanes) 6:30pm - 9:30pm		Lap Swim (All Lanes) 6:30pm - 9:30pm		Lap Swim (All Lanes) 6:30pm - 9:30pm		
7pm		Lap Swim (All Lanes) 7pm - 9:30pm		Lap Swim (All Lanes) 7pm - 9:30pm			
8pm	Lap Swim (All Lanes) 8pm - 9:30pm		Lap Swim (All Lanes) 8pm - 9:30pm				

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