



POOL SCHEDULE

**YMCA OF
GREATER
WESTFIELD**

Effective: 3/3/25

MONDAY		TUESDAY		WEDNESDAY	
LARGE	SMALL	LARGE	SMALL	LARGE	SMALL
5:15-6:15 AM Lap (6)		5:15-8:15 AM Lap		5:15-6:15 AM Lap (6)	
6:30-7:30 AM Masters	7:00-9:20 Adult Swim	8:30-9:15 AM Pool Fitness (4) Lap (2)	8:00-8:55 Adult Swim	6:30-7:30 AM Masters	7:00-9:20 Adult Swim
7:45 AM - 2:00 PM	9:30-10:30 AM Child Care Lessons	9:30 AM-2:00 PM	9:00-9:45 AM	7:45 AM - 2:00 PM	9:30-10:30 AM Child Care Lessons
Lap (6)	10:30-11:15 AM AOA Fitness	Lap (6)	"Poolates"	Lap (6)	10:30-11:15 AM AOA Fitness
	11:15 AM-12:00 PM AOA Fitness		9:45-10:45 AM Child Care Lessons		11:15 AM-12:00 PM AOA Fitness
	12:00-12:45 PM Adult Swim		10:45-11:30 AM Deep-End "Poolates"		12:00-1:00 PM Adult Swim
	1:00-2:00 PM Child Care Lessons		11:45 AM-12:55 PM Adult Swim		1:00-2:00 PM Child Care Lessons
	2:00-3:00 PM		1:00-2:00 PM Child Care Lessons		2:00-3:00
2:00-3:45 PM CLOSED	2:00-3:00 PM CLOSED	2:00-3:45 PM CLOSED	2:00-3:00 PM CLOSED	2:00-3:45 PM CLOSED	2:00-3:00 CLOSED
3:45-6:00 PM	3:00-4:00 PM Open Swim	3:45-6:00 PM	3:00-4:15 PM Adult Swim	3:45-6:00 PM	3:00-4:00 PM Adult Swim
Swim Team (6)	4:15-5:00 PM Deep-End "Poolates"	Swim Team (6)	4:30-5:55 Swim Lessons	Swim Team (6)	4:15-6:00 Family Swim
6:00-6:30 PM Lap (3) Swim Team (3)	5:15-6:15 PM Adult Swim	6:00-6:45 PM Water Warriors (3) Swim Team (3)	6:00-7:00 Open Swim	6:00-6:30 PM Lap (3) Swim Team (3)	
6:30-8:45 PM Lap (6)	6:15-7:55 Family Swim	6:45-8:45 PM Lap (6)	7:00-7:55 Adult Swim	6:30-8:45 PM Lap (6)	6:05-7:55 Adult Swim

THURSDAY		FRIDAY		SATURDAY	
LARGE	SMALL	LARGE	SMALL	LARGE	SMALL
5:15-8:15 AM Lap		5:15-6:15 AM Lap (6)		7:00-8:00 AM	7:00-8:15 AM
8:30-9:15 AM Pool Fitness (4) Lap (2)	8:00-8:55 Adult Swim	6:30-7:30 AM Masters	7:00-8:55 Adult Swim	Lap (6)	Adult Swim
9:30 AM-2:00 PM	9:00-9:45 AM	7:45 AM - 2:00 PM	9:00-10:00 AM	8:15 AM-12:00 PM	8:25 AM-12:00 PM
Lap (6)	"Poolates"	Lap (6)	Pool Fitness	Lap (4) Swim Lessons (2)	Swim Lessons
	9:45-10:30 AM Adult Swim		10:15 AM - 1:00 PM		
	10:45-11:30 AM Deep-End "Poolates"		Open Swim		
	11:45 AM-1:00 PM Adult Swim				
2:00-3:45 PM CLOSED	1:00-3:00 PM CLOSED	2:00-3:45 PM CLOSED	1:00-3:00 PM CLOSED	12:00-1:30 PM	12:10-1:30 PM
3:45-6:00 PM	3:00-4:15 PM Adult Swim	3:45-6:00 PM	3:00-4:15 PM Adult Swim	Lap (6)	Open Swim
Swim Team (6)	4:30-6:15	Swim Team (4) Lap (2)	4:30-6:00		
6:00-6:45 PM Water Warriors (3) Swim Team (3)	Swim Lessons		Swim Lessons		
6:45-8:45 PM Lap (6)	6:30-7:55 Open Swim		6:00-6:45 Family Swim		

Open Swim - All Ages

Adult Open - Adults Only

Family Swim - Families with Children Only

(X) - Number of Available Lanes