



POOL SCHEDULE

Effective: 6/25/25

**YMCA OF
GREATER
WESTFIELD**

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

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

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

THURSDAY	
LARGE	SMALL
5:15-8:20 AM Lap (6)	
8:30-9:15 AM Pool Fitness	8:00-8:55 AM Adult Swim
9:30 AM-2:00 PM	9:00-9:45 AM "Poolates"
	9:45-10:30 AM Adult Swim
	10:45-11:30 AM Deep-End "Poolates"
Lap (6)	11:45 AM-1:00 PM Adult Swim
2:00-3:45 PM CLOSED	1:00-3:00 PM CLOSED
3:45-6:00 PM Swim Team (6)	3:00-4:15 PM Adult Swim
6:00-6:45 PM Water Warriors (3) Swim Team (3)	4:20-6:20 PM Swim Lessons
6:45-8:45 PM Lap (6)	6:30-7:55 PM Open Swim

FRIDAY	
LARGE	SMALL
5:15-6:20 AM Lap (6)	
6:30-7:30 AM Masters	7:00-8:55 AM Adult Swim
7:45 AM - 2:00 PM	9:00-10:00 AM Pool Fitness
	10:15 AM - 1:00 PM Open Swim
Lap (6)	
2:00-3:45 PM CLOSED	1:00-3:00 PM CLOSED
3:45-6:00 PM Swim Team (4) Lap (2)	3:00-4:15 PM Adult Swim
	4:20-6:05 Swim Lessons
	6:05-6:50 Family Swim

SATURDAY	
LARGE	SMALL
7:00-8:45 AM Lap (6)	7:00-8:15 AM Adult Swim
8:45 AM-12:10 PM Lap (4) Swim Lessons (2)	8:15 AM-12:10 PM Swim Lessons
12:10-1:30 PM Lap (6)	12:10-1:30 PM Open Swim

Open Swim - All Ages
Family Swim - Families With Children Only

Adult Open - Adults Only
(X) - Number of Available Lanes