

AQUATICS SCHEDULE

EFFECTIVE 9/14/2020

AQUATICS DIRECTOR - KYLE MURPHY - KMURPHY@WESTFIELDYMCA.ORG



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LARGE POOL SCHEDULE

Monday

5:15-6:15 AM	Lap Swim
6:30-7:30 AM	Masters Swim
7:45-2:45 PM	Lap Swim
3:00-6:00 PM	Swim Team
6:00-7:00 PM	Lane 1-3: Lap Swim/Lane 4-6: Swim Team
7:00-8:45 PM	Lap Swim

Tuesday

5:15-8:15 AM	Lap Swim
8:30-9:15 AM	Pool Fitness
9:30-2:45 PM	Lap Swim
3:00-6:00 PM	Swim Team
6:00-8:45 PM	Lap Swim

Wednesday

5:15-6:15 AM	Lap Swim
6:30-7:30 AM	Masters Swim
7:45-2:45 PM	Lap Swim
3:00-6:00 PM	Swim Team
6:00-7:00 PM	Lane 1-3: Lap Swim/Lane 4-6: Swim Team
7:00-8:45 PM	Lap Swim

Thursday

5:15-8:15 AM	Lap Swim
8:30-9:15 AM	Pool Fitness
9:30-3:00 PM	Lap Swim
3:00-6:00 PM	Swim Team
6:00-8:45 PM	Lap Swim

Friday

5:15-6:15 AM	Lap Swim
6:30-7:30 AM	Masters Swim
7:45-2:45 PM	Lap Swim
3:00-6:00 PM	Swim Team
6:00-6:45 PM	Lap Swim

Saturday

7:00-1:45 PM	Lap Swim
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SMALL POOL SCHEDULE

Monday

7:00-9:45 AM	Adult Open Swim
10:00-10:45 AM	AOA Fitness Class
11:00-11:45 AM	AOA Fitness Class
12:00-1:00 PM	Adult Open Swim
1:00-2:00 PM	Pre-K Swim Lessons
3:00-5:00 PM	Adult Open Swim
5:10-6:00 PM	Deep End Poolates

Tuesday

7:00-9:15 AM	Adult Open Swim
9:30-10:15 AM	AOA Fitness/Poolates
10:30-11:15 AM	Deep End Poolates
11:30-1:00 PM	Adult Open Swim
3:00-4:00 PM	Adult Open Swim
4:30-6:45 PM	Swim Lessons

Wednesday

7:00-9:45 AM	Adult Open Swim
10:00-10:45 AM	AOA Fitness Class
11:00-11:45 AM	AOA Fitness Class
11:45-12:45 PM	Adult Open Swim
1:00-2:00 PM	Pre-K Swim Lessons
3:00-4:00 PM	Adult Open Swim
4:30-6:00 PM	Swim Lessons

Thursday

7:00-9:15 AM	Adult Open Swim
9:30-10:15 AM	AOA Fitness/Poolates
10:30-11:15 AM	Deep End Poolates
11:30-1:00 PM	Adult Open Swim
3:00-4:00 PM	Adult Open Swim
4:30-6:45 PM	Swim Lessons

Friday

7:00-9:00 AM	Adult Open Swim
9:15-10:00 AM	Pool Fitness
10:15-12:00 PM	Adult Open Swim
3:00-4:00 PM	Adult Open Swim
4:30-6:00 PM	Swim Lessons

Saturday

7:00-8:30 AM	Adult Open Swim
9:00-11:15 AM	Swim Lessons

* THE SMALL POOL WILL BE CLOSED DURING NON-SCHEDULED TIMES*