



POOL SCHEDULE

Effective: 10/30/2025

**YMCA OF
GREATER
WESTFIELD**

MONDAY		TUESDAY		WEDNESDAY	
LARGE	SMALL	LARGE	SMALL	LARGE	SMALL
5:15-6:20 AM Lap (6)		5:15-8:20 AM Lap (6)		5:15-6:20 AM Lap (6)	
6:30-7:30 AM Masters	7:00-9:20 Adult Swim	8:30-9:15 AM Pool Fitness	8:00-8:55 AM Adult Swim	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	9:30 AM-2:00 PM	9:00-9:45 AM "Poolates"	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)	9:45-10:45 AM Child Care Lessons	Lap (6)	10:30-11:15 AM AOA Fitness
	11:15 AM-12:00 PM AOA Fitness		10:45-11:30 AM Deep-End "Poolates"		11:15 AM-12:00 PM AOA Fitness
	12:00-12:55 PM Adult Swim		11:45 AM-12:55 PM Adult Swim		12:00-12:55 PM Adult Swim
	1:00-2:00 PM Child Care Lessons		1:00-2:00 PM Child Care Lessons		1:00-2:00 PM Child Care Lessons
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
3:45-5:45 PM Swim Lessons (2) Lap (4)	3:00-4:00 PM Open Swim	3:45-5:50 PM Lap (6)	3:00-4:15 PM Adult Swim	3:45-5:45 PM Swim Lessons (2) Lap (4)	3:00-4:00 PM Adult Swim
5:45-6:30 PM Swim Squad (2) Lap (4)	4:15-5:00 PM Deep-End "Poolates"	6:00-6:45 PM Water Warriors (3) Lap (3)	4:30-6:20 PM Swim Lessons	5:45-6:30 PM Swim Squad (2) Lap (4)	4:15-6:00 PM Family Swim
6:30-8:45 PM Lap (6)	5:15-6:15 PM Adult Swim	6:45-8:45 PM Lap (6)	6:20-7:10 PM Open Swim	6:30-8:45 PM Lap (6)	6:05-7:55 PM Open Swim
	6:15-7:55 PM Family Swim		7:10-7:55 PM Adult Swim		

THURSDAY		FRIDAY		SATURDAY	
LARGE	SMALL	LARGE	SMALL	LARGE	SMALL
5:15-8:20 AM Lap (6)		5:15-6:20 AM Lap (6)		7:00-8:45 AM Lap (6)	7:00-8:15 AM Adult Swim
8:30-9:15 AM Pool Fitness	8:00-8:55 AM Adult Swim	6:30-7:30 AM Masters	7:00-8:55 AM Adult Swim	8:45 AM-12:10 PM Lap (4) Swim Lessons (2)	8:15 AM-12:10 PM Swim Lessons
9:30 AM-2:00 PM	9:00-9:45 AM "Poolates"	7:45 AM - 2:00 PM	9:00-10:00 AM Pool Fitness		
Lap (6)	9:45-10:30 AM Adult Swim	Lap (6)	10:15 AM - 1:00 PM Open Swim		
	10:45-11:30 AM Deep-End "Poolates"				
	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	12:10-1:30 PM Lap (6)	12:10-1:30 PM Open Swim
3:45-5:50 PM Lap (6)	3:00-4:15 PM Adult Swim	3:45-6:00 PM Lap (6)	3:00-4:10 PM Adult Swim		
6:00-6:45 PM Water Warriors (3) Lap (3)	4:30-6:20 PM Swim Lessons		4:15-6:05 Swim Lessons		
6:45-8:45 PM Lap (6)	6:30-7:55 PM Open Swim		6:05-6:50 Family Swim		

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

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