

AQUATICS SCHEDULE

EFFECTIVE - 1/4 edited - 12/13

AQUATICS DIRECTOR - Zack Kressler - zkressler@westfieldymca.org



Large Pool					
Monday		Tuesday		Wednesday	
5:15AM - 6:15AM	Lap Swim	5:15AM – 8:15AM	Lap Swim	5:15AM - 6:15AM	Lap Swim
6:30AM – 7:30AM	Masters Swim	8:30AM – 9:15AM	Pool Fitness	6:30AM – 7:30AM	Masters Swim
7:45AM – 2:00PM	Lap Swim	9:30AM – 2:00PM	Lap Swim	7:45AM – 2:00PM	Lap Swim
2:00PM – 3:30PM	POOL CLOSED	2:00PM – 3:30PM	POOL CLOSED	2:00PM – 3:30PM	POOL CLOSED
3:30PM – 6:00PM	Swim Team	3:30PM – 6:00PM	Swim Team	3:30PM – 6:00PM	Swim Team
6:00PM – 7:00PM	Swim Team Lanes 4 - 6	6:15PM – 8:45PM	Lap Swim	6:00PM – 7:00PM	Swim Team Lanes 4 - 6
	Lap Swim Lanes 1- 3				Lap Swim Lanes 1- 3
7:00PM – 8:45PM	Lap Swim	8:45PM POOL CLOSED		7:00PM – 8:45PM	Lap Swim
8:45PM	POOL CLOSED			8:45PM	POOL CLOSED
Thursday		Friday		Saturday	
5:15AM – 8:15AM	Lap Swim	5:15AM - 6:15AM	Lap Swim	7:00AM – 1:30PM	Lap Swim
8:30AM – 9:15AM	Pool Fitness	6:30AM – 7:30AM	Masters Swim	1:30PM POOL CLOSED	
9:30AM – 2:00PM	Lap Swim	7:45AM – 2:00PM	Lap Swim		
2:00PM – 3:30PM	POOL CLOSED	2:00PM – 3:30PM	POOL CLOSED		
3:30PM – 6:00PM	Swim Team	3:30PM – 6:00PM	Swim Team		
6:15PM – 8:45PM	Lap Swim	6:00PM – 6:45PM	Lap Swim		
8:45PM	POOL CLOSED	6:45PM	POOL CLOSED		
Adult Swim is for adult members only Open Swim is for all ages. Family Swim is for families with children 12 and under. ** Tues / Thurs 9:15am Poolates require reservation ahead of time. Reservations are required for all other times.					

Adult Swim is for adult members only.
Open Swim is for all ages.
Family Swim is for families with children only.

** Tues / Thurs 9:15am Poolates requires a reservation ahead of time. Reservations can be made in person at the Y or by phone at 413-568-8631 **

AQUATICS SCHEDULE

EFFECTIVE - 1/4 edited - 1/12

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Small Pool

Monday

6:00AM - 9:00AM	Adult Swim
9:30AM - 10:30AM	Child Care Swim Lessons
10:30AM - 11:15AM	AOA Fitness
11:15AM - 12:00PM	AOA Fitness
12:00PM - 1:00PM	Adult Swim
1:00PM - 1:30 PM	Child Care Swim Lessons
1:30PM - 3:00PM	POOL CLOSED
3:00PM - 4:00PM	Open Swim
4:15PM - 5:00PM	Deep End Poolates
5:15PM - 6:30PM	Adult Swim
6:45PM - 8:00PM	Family Swim
8:00PM	POOL CLOSED

Tuesday

7:00AM - 9:00AM	Adult Swim
9:00AM - 9:45AM	Poolates
9:45AM - 10:45AM	Child Care Swim Lessons
10:45AM - 11:30AM	Deep End Poolates
11:45AM - 1:00PM	Adult Swim
1:00PM - 3:00PM	POOL CLOSED
3:00PM - 4:15PM	Adult Swim
4:30PM - 5:45PM	Swim Lessons
6:00PM - 7:00PM	Open Swim
7:00PM - 8:00PM	Adult Swim
8:00PM	POOL CLOSED

Wednesday

6:00AM - 9:00AM	Adult Swim
9:30AM - 10:30AM	Child Care Swim Lessons
10:30AM - 11:15AM	AOA Fitness
11:15AM - 12:00PM	AOA Fitness
12:00PM - 1:00PM	Adult Swim
1:00PM - 3:00PM	POOL CLOSED
3:00PM - 4:00PM	Open Swim
4:15PM - 5:45PM	Family Swim
6:00PM - 8:00PM	Adult Swim
8:00PM	POOL CLOSED

Thursday

7:00AM - 9:00AM	Adult Swim
9:00AM - 9:45AM	Poolates
9:45AM - 10:45AM	Open Swim
10:45AM - 11:30AM	Deep End Poolates
11:45AM - 1:00PM	Adult Swim
1:00PM - 3:00PM	POOL CLOSED
3:00PM - 4:15PM	Adult Swim
4:30PM - 5:45PM	Swim Lessons
6:00PM - 7:00PM	Open Swim
7:00PM - 8:00PM	Adult Swim
8:00PM	POOL CLOSED

Friday

6:00AM - 9:00AM	Adult Swim
9:05AM - 10:00AM	Pool Fitness
10:15AM - 12:00PM	Adult Swim
12:00PM - 1:00PM	POOL CLOSED
1:00 - 3:00	Child Care Swim Lessons
3:00PM - 4:15PM	Adult Swim
4:30PM - 6:00PM	Swim Lessons
6:00PM - 6:45PM	Family Swim
6:45PM	POOL CLOSED

Saturday

7:00AM - 8:45AM	Adult Swim
9:00AM - 12:15PM	Swim Lessons
12:30PM - 1:30PM	Family Swim
1:30PM	POOL CLOSED

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Open Swim is for all ages.
Family Swim is for families with children only.

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