

# AQUATICS SCHEDULE

EFFECTIVE - 01/13/2021 edited 1/26



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA OF GREATER WESTFIELD · 413-568-8631 · WWW.WESTFIELDDYMCA.ORG

## LARGE POOL

Monday	
5:15-6:15 AM	Lap Swim
6:30-7:30 AM	Masters Swim
7:45-2:00 PM	Lap Swim
<b>2:00-3:00 PM</b>	<b>CLOSED</b>
3:00-6:00 PM	Swim Team
6:00-7:00 PM	Lane 1-3: Lap Swim/Lane 4-6: Swim Team
7:00-8:30 PM	Lap Swim
<b>Closed @ 8:30 PM</b>	

Tuesday	
5:15-8:15 AM	Lap Swim
8:30-9:15 AM	Pool Fitness
9:30-2:00 PM	Lap Swim
<b>2:00-3:00 PM</b>	<b>CLOSED</b>
3:00-6:00 PM	Swim Team
6:00-8:30 PM	Lap Swim
<b>Closed @ 8:30 PM</b>	

Wednesday	
5:15-6:15 AM	Lap Swim
6:30-7:30 AM	Masters Swim
7:45-2:00 PM	Lap Swim
<b>2:00-3:00 PM</b>	<b>CLOSED</b>
3:00-7:00 PM	Swim Team
7:00-8:30 PM	Lap Swim
<b>Closed @ 8:30 PM</b>	

Thursday	
5:15-8:15 AM	Lap Swim
8:30-9:15 AM	Pool Fitness
9:30-2:00 PM	Lap Swim
<b>2:00-3:00 PM</b>	<b>CLOSED</b>
3:00-6:00 PM	Swim Team
6:00-8:30 PM	Lap Swim
<b>Closed @ 8:30 PM</b>	

Friday	
5:15-6:15 AM	Lap Swim
6:30-7:30 AM	Masters Swim
7:45-2:00 PM	Lap Swim
<b>2:00-3:00 PM</b>	<b>CLOSED</b>
3:00-5:30 PM	Swim Team
5:45-6:30 PM	Lap Swim
<b>Closed @ 6:30 PM</b>	

Saturday	
7:00-1:30 PM	Lap Swim
<b>Closed @ 1:30 PM</b>	

## SMALL POOL

Monday	
7:00-9:00 AM	Adult Open Swim
<b>9:00-10:00 AM</b>	<b>CLOSED</b>
10:00-10:45 AM	AOA Fitness Class
11:00-11:45 AM	AOA Fitness Class
12:00-1:00 PM	Adult Open Swim
<b>1:00-3:00 PM</b>	<b>CLOSED</b>
3:00-4:00 PM	Adult Open Swim
4:15-5:00 PM	Deep End Poolates
5:15-6:00 PM	Deep End Poolates
6:15-7:00 PM	Swim Lessons
7:15-8:00 PM	Family Swim
<b>Closed @ 8:00 PM</b>	

Tuesday	
7:00-9:00 AM	Adult Open Swim
9:15-10:00 AM	AOA Fitness/Poolates
10:45-11:30 AM	Deep End Poolates
11:45-1:00 PM	Adult Open Swim
<b>1:00-3:00 PM</b>	<b>CLOSED</b>
3:00-4:15 PM	Adult Open Swim
4:30-6:45 PM	Swim Lessons
7:00-7:45 PM	Family Swim
<b>Closed @ 7:45 PM</b>	

Wednesday	
7:00-9:00 AM	Adult Open Swim
<b>9:00-10:00 AM</b>	<b>CLOSED</b>
10:00-10:45 AM	AOA Fitness Class
11:00-11:45 AM	AOA Fitness Class
12:00-12:45 PM	Adult Open Swim
<b>1:00-3:00 PM</b>	<b>CLOSED</b>
3:00-4:00 PM	Adult Open Swim
<b>Closed @ 4:00 PM</b>	

Thursday	
7:00-9:00 AM	Adult Open Swim
9:15-10:00 AM	AOA Fitness/Poolates
10:45-11:30 AM	Deep End Poolates
11:45-1:00 PM	Adult Open Swim
<b>1:00-3:00 PM</b>	<b>CLOSED</b>
3:00-4:15 PM	Adult Open Swim
4:30-6:45 PM	Swim Lessons
7:00-7:45 PM	Family Swim
<b>Closed @ 7:45 PM</b>	

Friday	
7:00-9:00 AM	Adult Open Swim
9:15-10:00 AM	Pool Fitness
10:15-12:00 PM	Adult Open Swim
<b>12:00-3:00 PM</b>	<b>CLOSED</b>
3:00-4:15 PM	Adult Open Swim
4:30-6:00 PM	Swim Lessons
6:15-6:45 PM	Family Swim
<b>Closed @ 6:45 PM</b>	

Saturday	
7:00-8:30 AM	Adult Open Swim
9:00-11:15 AM	Swim Lessons
<b>Closed @ 11:15 AM</b>	

\*\* All Pool Fitness, Poolates, AOA Fitness and Family Swim times require a reservation ahead of time. Reservations can be made in person at the Y or by phone at 413-568-8631 \*\*

# **Adult Open Swim Reservation Guidelines**

## **For Adult Open Swim Times**

**Monday/Wednesday 12:00-1:00 PM**

**Tuesday/Thursday 11:45 AM-1:00 PM**

**Friday 10:15 AM-12:00 PM**

- Reserve your space in the pool up to 24 hours in advance
- You may reserve by calling or signing up at the front desk
- Each participant must sign up for themselves – no reserving spots for friends
- You may call or sign up at the front desk on Friday for Monday adult open swim
- If you have reserved a space and cannot make it, please call 568-8631 and cancel as soon as you can. There will be a waiting list, so the sooner the better!
- If adult open swim is full, you may put your name on the waiting list. The front desk will notify you of an opening. You can also sign up for the next day at that time.
- People in pool classes will not be allowed to sign up for adult open swim if it comes directly after a pool class
- Please do not enter the pool deck until five minutes before the scheduled time for open swim. We want to avoid congestion on the deck.