

AQUATICS SCHEDULE

EFFECTIVE - 11/1 edited - 10/21

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 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 **

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Small Pool

Monday

6:00AM – 9:00AM	Adult Swim
9:00AM – 10:00AM	POOL CLOSED
10:00AM – 10:45AM	AOA Fitness
11:00AM – 11:45AM	AOA Fitness
12:00PM – 1:00PM	Adult Swim
1:00PM – 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
9:15AM – 10:00AM	Poolates
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 – 6:45PM	Open Swim
7:00PM – 8:00PM	Adult Swim
8:00PM	POOL CLOSED

Wednesday

6:00AM – 9:00AM	Adult Swim
9:00AM – 10:00AM	POOL CLOSED
10:00AM – 10:45AM	AOA Fitness
11:00AM – 11:45AM	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
9:15AM – 10:00AM	Poolates
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 – 6:45PM	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 – 3:00PM	POOL CLOSED
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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