

AQUATICS SCHEDULE

EFFECTIVE - 03/01/2021 edited 2/26



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
2:00-3:00 PM	CLOSED
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
Closed @ 8:30 PM	

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

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

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

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

Saturday	
7:00-1:30 PM	Lap Swim
Closed @ 1:30 PM	

SMALL POOL

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

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
1:00-3:00 PM	CLOSED
3:00-4:15 PM	Adult Open Swim
4:30-6:45 PM	Swim Lessons
7:00-7:45 PM	Family Swim
Closed @ 7:45 PM	

Wednesday	
7:00-9:00 AM	Adult Open Swim
9:00-10:00 AM	CLOSED
10:00-10:45 AM	AOA Fitness Class
11:00-11:45 AM	AOA Fitness Class
12:00-12:45 PM	Adult Open Swim
1:00-3:00 PM	CLOSED
3:00-4:00 PM	Adult Open Swim
4:00-6:00 PM	CLOSED
6:00-8:00 PM	Adult Open Swim
Closed @ 8:00 PM	

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
1:00-3:00 PM	CLOSED
3:00-4:15 PM	Adult Open Swim
4:30-6:45 PM	Swim Lessons
7:00-7:45 PM	Family Swim
Closed @ 7:45 PM	

Friday	
7:00-9:00 AM	Adult Open Swim
9:05-10:00 AM	Pool Fitness
10:15-12:00 PM	Adult Open Swim
12:00-3:00 PM	CLOSED
3:00-4:15 PM	Adult Open Swim
4:30-6:00 PM	Swim Lessons
6:15-6:45 PM	Family Swim
Closed @ 6:45 PM	

Saturday	
7:00-8:30 AM	Adult Open Swim
9:00-11:15 AM	Swim Lessons
11:45 - 1:30 PM	Family Swim
Closed @ 1:30 PM	

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

