



POOL SCHEDULE

Effective: 9/21/2026

**YMCA OF
GREATER
WESTFIELD**

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

TUESDAY	
LARGE	SMALL
5:15-8:20 AM Lap (6)	
8:30-9:15 AM Pool Fitness	8:00-8:55 AM Adult Swim
9:30 AM-2:00 PM	9:00-9:45 AM "Poolates"
	9:45-10:40 AM Child Care Lessons
	10:45-11:30 AM Deep-End "Poolates"
	11:30 AM-12:55 PM Adult Swim
	1:00-2:00 PM Child Care Lessons
2:00-3:45 PM CLOSED	2:00-3:00 PM CLOSED
3:45-6:00 PM Lap (6)	3:00-4:15 PM Adult Swim
6:15-7:00 PM Water Warriors (3) Lap (3)	4:20-6:20 PM Swim Lessons
	6:30-8:00 PM Open Swim
7:00-8:45 PM Lap (6)	

WEDNESDAY	
LARGE	SMALL
5:15-6:20 AM Lap (6)	
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
	10:30-11:15 AM AOA Fitness
	11:15 AM-12:00 PM AOA Fitness
	12:00 PM-12:55 PM Adult Swim
	1:00-2:00 PM Child Care Lessons
2:00-3:45 PM CLOSED	2:00-3:00 PM CLOSED
3:45-5:00 PM Lap (6)	3:00-4:15 PM Adult Swim
5:00-6:30 PM Lap (4) Swim Lessons (2)	4:15-6:15 PM Family Swim
	6:15-8:00 PM Open Swim
6:30-8:45 PM Lap (6)	

THURSDAY	
LARGE	SMALL
5:15-8:20 AM Lap (6)	
8:30-9:15 AM Pool Fitness	8:00-8:55 AM Adult Swim
9:30 AM-2:00 PM	9:00-9:45 AM "Poolates"
	9:45-10:30 AM Adult Swim
	10:45-11:30 AM Deep-End "Poolates"
	11:30 AM-1:55 PM Adult Swim
2:00-3:45 PM CLOSED	2:00-3:00 CLOSED
3:45-8:45 PM	3:00-4:15 PM Adult Swim
	4:20-6:20 PM Swim Lessons
	6:30-8:00 PM Open Swim

FRIDAY	
LARGE	SMALL
5:15-6:20 AM Lap (6)	
6:30-7:30 AM Masters	7:00-8:55 AM Adult Swim
7:45 AM - 2:00 PM	9:00-10:00 AM Pool Fitness
	10:15 AM - 12:55 PM Open Swim
	1:00-2:00 Child Care Lessons
2:00-3:45 PM CLOSED	2:00-3:00 CLOSED
3:45-6:00 PM	3:00-4:15 PM Adult Swim
	4:15-6:05 PM Swim Lessons
	6:05-6:50 PM Family Swim

SATURDAY	
LARGE	SMALL
7:00-8:45 AM Lap (6)	7:00-8:15 AM Adult Swim
8:45 AM-12:00 PM	8:15 AM-12:00 PM Swim Lessons
12:00-1:30 PM	12:00-1:30 PM Open Swim

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

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