

YMCA POOL SCHEDULE SEPTEMBER 8 - NOVEMBER 10, 2008

revised 9/5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15 - 8:00 am	FITNESS 5 LANES 1 Rec Lane	FITNESS 5 LANES 1 Rec Lane	FITNESS 5 LANES 1 Rec Lane	FITNESS 5 LANES 1 Rec Lane	FITNESS 5 LANES 1 Rec Lane
8:00 - 9:00 am	FITNESS 3 Lanes AQUACIZE	FITNESS 5 LANES 1 Rec Lane	FITNESS 3 Lanes AQUACIZE	Fitness 5 Lanes 1 Rec Lane	FITNESS 3 Lanes AQUACIZE
9:00 - 11:30 am	Fitness 2 Lanes Aquacize Swim Classes	Fitness 1 Lane Aquacize Swim Classes	Fitness 2 Lanes Aquacize Swim Classes	Fitness 1 Lane Aquacize Swim Classes	Fitness 2 Lanes Aquacize Swim Classes
11:30-1 pm	Fitness 3 Lanes Rec 2 lanes	Fitness 3 Lanes/2Rec Senior Swim	Fitness 3 Lanes Recreation 2 Lanes	Fitness 3 Lanes/2Rec Senior Swim	Fitness 3 Lanes Rec 3 Lanes
1 - 2:30 pm	FITNESS 2 Lanes Rec 2 Lanes	FITNESS 2 Lanes Rec 1 lane	FITNESS 3 Lanes Rec 1 Lane	FITNESS 2 Lanes Rec 1 lane	FITNESS 2 Lanes Rec 2 Lane
2:30-4 pm	Fitness 2 Lanes Rec Swim 2 lane	FITNESS 2 Lane Rec Swim 2 lane	FITNESS 2 Lane Rec Swim 2 lanes	FITNESS 2 Lane Rec Swim 2 lanes	FITNESS 2 Lane Rec Swim 2 lanes
4:00-4:45pm pm	FITNESS 1 Lane 1 Rec Lane Swim Classes	FITNESS 1 Lane Swim Classes Swim Team	FITNESS 1 Lane 1 Rec Lane Swim Classes	FITNESS 1 Lane Swim Classes Swim Team	Fitness 1 Lane 1 Rec Lane Swim Classes
4:45-5:30 pm	FITNESS 1 Lanes Swim Classes Special Olympics	FITNESS 1 Lane Swim Classes Swim Team	Fitness 1 Lane Swim Classes	FITNESS 1 Lane Swim Classes Swim Team	Fitness 1 Lane Swim Classes
5:30-6:30 pm	Fitness 1 Lane Rec 1 Lane Swim Team 3 Lanes	FITNESS 1 Lane Swim Team 5 lanes	Fitness 1 Lane Rec 1 Lane Swim Team 3 Lanes	FITNESS 1 Lane Swim Team 5 lanes	Fitness 1 Lane Swim Team 5 lanes
6:30-7:15 pm	Fitness 1 Lane Rec 1 Lane Swim Team 4 lanes	Fitness 1 Lane Swim Team 5 lanes	Fitness 1 Lanes Rec 1 Lane Swim Team 4 Lanes	Fitness 1 Lane Swim Team 5 lanes	Fitness 1 Lane Rec 1 Lane swim team 4 lanes
7:15-8:00 pm	FITNESS 1 Lane SwimTeam 5 lanes	FITNESS 1 Lane Swim Classes start at 7pm	FITNESS 1 Lane Swim Team 5 Lanes	FITNESS 1 Lanes Swim Classes start at 7pm	FITNESS 1 Lane Swim Team 5 lanes
8:00-8:45 pm	FITNESS 1 Lanes Rec 1 Lane Swim Team 4 Lanes	FITNESS 2 lanes Rec Swim 2 Lanes Swim Class	FITNESS 1 Lanes Rec 1 Lane Siwm Team 4 Lanes	Fitness 2 Lanes Rec Swim Swim Class	Fitness 1 Lane Rec 1 lane Swim Team 4 Lanes
8:45-10:00 pm	FITNESS 2 1 Rec Lane	Fitness 2 LANES Rec 1 Lanes	FITNESS 3 Lanes Rec 2 Lanes	FITNESS 2 Lanes Rec 1 Lanes	FITNESS 3 Lanes Recreation 3 Lanes

YMCA BUILDING HOURS

MONDAY THRU FRIDAY

5:15 am - 10:00 pm

SATURDAY

6:30 am - 7:00 pm

SUNDAY

8:00 am - 5:00 pm

POOL SCHEDULE IS SUBJECT TO SEASONAL PROGRAM CHANGES

SATURDAY

6:30am-8:00am - 6 lap lanes

8:00am-9am 4 Lap Lanes

9am-11am - 1 Lap Lane

11-11:45 am - NO LAP SWIM

11:45pm - 12:45 pm 1 Lap Lane

12:45pm - 7 pm 3 Lap Lanes

2 Rec Lanes

Sunday

8 am-10 am - Lap 4- Rec 2

10 am -5 pm 2 Lap and 2 Rec

Lifeguard class will take 2 lanes

Swim Team Schedule September 8 - October 26 See schedule for # of lanes used

Mon & Wed 5:30 pm - 8:45 pm

Tue & Thur 4:00 pm - 7:00 pm

Friday 5:30 pm - 8:45 pm

Please Shower before entering
the Pool - It is NJ State Law