



# Metuchen Branch YMCA

## Pool Schedule January 5th-February 22nd

Adult Lap Swim 15yrs+  
Family Swim is family members only,  
Open Swim all members welcome

Questions?  
Dawn Willemssen, Aquatics Director  
dawn.willemssen@ymcaofmews.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Adult Lap Hoppel</b>	6AM - 10AM(4)	7AM - 10AM (4)	6AM - 10AM (4)	7AM-10AM (4)	6AM - 10AM (4)	7AM - 10 AM (3)	7AM - 9AM (3) 10AM - 12PM (1)
<b>Open Swim Hoppel</b>	10 AM - 1 PM(4) 4:30PM - 5:30PM(3)	10 AM-1 PM(4) 4:30PM - 5:30PM(3)	10 AM-1 PM (3) 4:30PM-5:30PM (4)	10 AM-1 PM (4) 4:30PM-5:30PM (3)	10 AM - 1 PM (4) 4:30PM - 5:30PM(3)	10AM - 3PM (3)	1:00PM-3:45PM (3) Lessons 9am-1pm
<b>Adult Swim Finne</b>	10:30AM - 12:30PM	10AM - 1PM (4) 7:30PM - 8:30PM (2)	10AM - 1PM (2) 7:30PM-8:30PM	12 PM-1 PM (4) 7:30PM-8:30PM (2)	10:30AM - 12:30PM		
<b>Family Swim Finne</b>					4PM - 8PM (4)	9AM-3:45PM (2)	
<b>Open Swim Finne</b>	4PM - 8:30PM (2)		4PM-7PM (2)				1PM - 3:45PM (4)
<b>Group Exercise &amp; Lessons</b>	9:30am - 10:30am <b>AQUA FIT</b>	9:30-10 AM Preschool	9-9:45 am <b>AQUA FIT</b> 9:45-10:45 Preschool	9AM-11AM class/preschool 11:15AM-12PM <b>PI-YO</b>	9:30AM - 10:30AM <b>AQUA ZUMBA</b>	Swim lessons (Hoppel) 9am-12:15pm	Swim Lessons (Finne) 9am-1pm

- Lanes can be used for Private Lessons at any time.
- All lane numbers listed, are the lanes being used at the time.
- ANY child 11 years and under must have Adult Supervision at all times.
- ANY child 6 years and under must have a Parent/Guardian in the water at all times.
- ANY child 15 years or younger is required to take a swim test.



Please note this schedule is subject to change. We will send out text alerts for any changes in the pool schedule. To register for text alerts please see the front desk or scan the QR code!

(#) number of lanes available

Revised: 12/22/2025