



Metuchen Branch YMCA

Pool Schedule September 8th – September 30th (#) Lanes Available

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------------------|--|--|---|---|--|------------------------------------|---------------------------------------|
| Adult Lap Hoppel | 6AM – 10AM(4) | 7AM – 10AM (4) | 6AM – 10AM (4) | 7AM – 10AM (4) | 6AM – 10:30AM (4) | 7AM – 9:30AM (3) | 7AM – 9AM (3) |
| Open Swim Hoppel | 10AM – 1PM(4) 3:30PM – 5:00PM (3) | 10am-1pm(4) 3:30PM – 5:00PM (2) | 10am-1pm(4) 3:30PM – 5:00PM (3) | 10AM-1PM(4) 3:30PM – 5:00PM (3) | 10:30AM – 1PM (2) 3:30PM – 5:00PM (3) | 9:30AM – 3PM (3) | 1:00PM-3PM (3) Lessons 9am-1pm |
| Adult Swim Finne | 10:30AM – 12:30PM (4) | 10AM – 1PM (4) 7:30PM – 8:30PM (2) | 11AM – 1:00PM (4) 7:30PM – 8:30PM (4) | 12PM – 1PM (4) 7:30PM – 8:30PM (4) | 10:30AM – 12:30PM (4) | | |
| Family Swim Finne | | | | | 4PM – 8PM (4) | 9AM – 3:45PM (2) | |
| Open Swim Finne | 4PM – 8:30PM (2) | | 4PM – 7:30PM (2) | 4PM – 7:30PM (2) | | | 12:45PM – 3:45PM (4) |
| Group Exercise & Lessons | 9:30am – 10:30am Aqua Fit Lessons 6:30pm-8:30pm | Swim Lessons 9/9-10/21 4:30pm-7:30pm | Swim Lessons 10am--11am 4:45pm-7:45pm | 11:15am – 12pm Aqua PI-YO Lessons 4pm-7:45pm | 9:30am – 10:30am Aqua Zunba | Swim Lesson (Hoppel) 9am-1pm | Swim Lesson (Finne) 9am-12:45pm |

- 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!