



Metuchen Branch YMCA

Pool Schedule October 1st – October 31st

(#) 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) 10AM – 12PM (1)
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

Revised: 9/29/2025

- 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!