



# METUCHEN YMCA POOL SCHEDULE July 1st-September 1st

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hoppel 6AM-9:30AM Adult Swim (Lap)	Hoppel 7AM-9:30AM Adult Swim (Lap)	Hoppel 6AM-9:30AM Adult Swim (Lap)	Hoppel 7AM-9:30AM Adult Swim (Lap)	Hoppel 6AM-9:30AM Adult Swim (Lap)	Hoppel 7AM-9:30AM Adult Swim (Lap)	Hoppel 7AM-9:30AM Adult Swim (Lap)
Finne 9:30AM-10:30AM <b>AQUA FIT</b>	Finne 10AM-12PM Adult Swim	Finne 10AM-12PM Adult Swim	Finne 10:15AM-11AM <b>AQUA PI-YO</b>	Finne 9:30AM-10:30AM <b>AQUA ZUMBA</b>	Hoppel 9:30AM-12PM Open Swim	Hoppel 9:30AM-12PM Open Swim
Finne 10:30AM-12:45PM Adult swim	Finne 12PM-12:45PM <b>AQUA HIIT</b>	Finne 10AM-12PM Adult Swim	Finne 11AM-12PM Adult Swim	Finne 10:30AM-12PM Adult Swim	Finnie 10AM-3:45PM Family Swim ONLY	Finnie 10AM-3:45PM Open Swim
Finnie 12:45PM-1:45PM Open Swim	Finnie 12:45PM-1:45PM Open Swim	Finnie 12PM-1:45PM Open Swim	Finnie 12PM-1:45PM Open Swim	Finnie 12PM-1:45PM Open Swim	Hoppel 12M-3PM Open Swim	Hoppel 12PM-3PM Open Swim
Hoppel 12:30AM-4:30PM Adult Swim	Hoppel 12:30-4:30PM Open Swim	Hoppel 12:30AM-4:30PM Adult Swim	Hoppel 12:30PM-4:30PM Open Swim	Hoppel 12:30AM-8PM Open Swim		
Hoppel 4:30PM-8:30PM Open Swim 4:30PM-7:45PM *2 Lanes only	Hoppel 4:30PM-8:30PM Adult Swim 4:30PM-7:45PM *2 Lanes only	Hoppel 4:30PM-8:30PM Open Swim 4:30PM-7:45PM *2 Lanes only	Hoppel 4:30PM-8:30PM Adult Swim 4:30PM-7:45PM *2 Lanes only			
Finnie 7:45PM-8:45PM Open Swim	Finnie 7:45PM-8:45PM Open Swim	Finnie 7:45PM-8:45PM Open Swim	Finne 7:45PM-8:45PM Open Swim	Finnie 4:30pm-8:30PM Family Swim ONLY		

Pools are subject to change due to events, maintenance and trainings (Lifeguard classes, private lessons).  
\* Swimmers will only be able to use two lanes  
\*\* Schedule is subject to change due to staffing

Alexis Brown  
Aquatics Director  
alexis.brown@ymcaofmews.org

Adult Lap/Swim -12+ must be green band  
Open Swim-Both Adults and Families  
Family Swim-Members and their kids