

# Meadowlands YMCA Pool Schedule

## March 2020

Schedule is subject to change

	MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						SATURDAY						SUNDAY																	
Lanes->	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6						
5:15-6:30am	Grey						Grey						Grey						Grey						Grey						Closed						5:15-6:30am																	
6:30-7:30																																					6:30-7:15																	
7:30-8:00	Grey						Grey						Grey						Grey						Swim Team*						Swim team						7:15-8:00																	
8:00-8:30																															8:00-8:30																							
8:30-9:00	Aquacize						Senior Swim						Aquacize						Senior Swim						Aquacize						Swim Lessons*						Aquacize						8:30-9:00											
9:00-9:30																																					9:00-9:30																	
9:30-10:00	Grey						Grey						Grey						Grey						Swim Lessons*						Swim Lessons*						9:30-10:00																	
10:00-10:30																															10:00-10:30																							
10:30-11:00	Grey						Mara*						Mara*						Mara*						Swim Lessons*						Swim Lessons*						10:30-11:00																	
11:00-11:30																															11:00-11:30																							
11:30-12:00	Grey						Grey						Grey						Grey						Swim Lessons*						Swim Lessons*						11:00-11:30																	
12:00-12:30																															12:00-12:30																							
12:30-1:00	Grey						Grey						Grey						Grey						Special Olympics*						B-Day Parties*						12:30-1:00																	
1:00-1:30																															1:00-1:30																							
1:30-2:00	Grey						Family Swim 2-4						Family Swim 2-4						Family Swim 2-4						Special Olympics*						B-Day Parties*						1:30-2:00																	
2:00-2:30																															2:00-2:30																							
2:30-3:00	Grey						Family Swim 2-4						Family Swim 2-4						Family Swim 2-4						Special Olympics*						Family Swim 2:30-5:00						2:30-3:00																	
3:00-3:30																															3:00-3:30																							
3:30-4:00	Lesson						Lessons*						Lessons*						Lessons*						Swim Team* 5:00-7:30						Privates*						Family Swim 2:30-5:00						3:30-4:00											
4:00-4:30																																					4:00-4:30																	
4:30-5:00	Swim Team*						Reserved						Family Swim 4:30-6:30						Swim Team						Lessons*						Swim Team* 5:00-7:30						Privates*						7th Grade Swim						4:30-5:00					
5:00-5:30																																											5:00-5:30											
5:30-6:00	Lesson						Aquacize						Lesson						Aquacize						Reserved						Family Swim 8:00-9:30						Family Swim 7:30-9:30						Closed						5:30-6:00					
6:00-6:30																																											6:00-6:30											
6:30-7:00	Lesson						Aquacize						Lesson						Aquacize						Reserved						Family Swim 8:00-9:30						Family Swim 7:30-9:30						Closed						6:00-6:30					
7:00-7:30																																											7:00-7:30											
7:30-8:00	Lesson						Aquacize						Lesson						Aquacize						Reserved						Family Swim 8:00-9:30						Family Swim 7:30-9:30						Closed						7:30-8:00					
8:00-8:30																																											8:00-8:30											
8:30-9:00	Lesson						Aquacize						Lesson						Aquacize						Reserved						Family Swim 8:00-9:30						Family Swim 7:30-9:30						Closed						8:00-8:30					
9:00-9:30pm																																											9:00-9:30pm											

**Grey Areas are Adult Lap Swim** For teens and adult members, 16 yrs and older, who are continuously swimming laps.

**Family Swim** - Children 8 yrs and younger and non-swimmers wearing life vests must have an adult, 18 yrs or older, in the water within arm's reach at all times. Children 9-12 years old must be accompanied by an adult in the pool area. Anyone 17 and younger will be swim tested in order to enter the deep end.

**Saturday, March 14th the pool will be closed from 7am-2pm for a Special Olympics Swim**

- \* Class or program not included in membership, additional fee is required
- \*\* Swim caps are mandatory for all swimmers with shoulder length hair or longer.