

# Winter Meadowlands YMCA Pool Schedule

Schedule is subject to change - Effective January 2, 2019

Lanes->	MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						SATURDAY						SUNDAY											
	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
5:30-6:30am																									Closed						5:30-6:30am																	
6:30-7:30																															Closed						6:30-7:30											
7:30-8:00																															Swim Team						Aquacize											
8:00-8:30																															Swim Team						Aquacize											
8:30-9:00							Adult Swim						Adult Swim						Adult Swim						Adult Swim						Swim Team						Aquacize											
9:00-9:30							Adult Swim						Adult Swim						Adult Swim						Adult Swim						Swim Team						Aquacize											
9:30-10:00													Aquacize						Adult Swim						Adult Swim						Swim Team						Aquacize											
10:00-10:30							Lessons*																		Swim Lessons*						Swim Lessons*																	
10:30-11:00							Lessons*																		Swim Lessons*						Swim Lessons*																	
11:00-11:30	Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Swim Lessons*						Swim Lessons*											
11:30-12:00	Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Swim Lessons*						Swim Lessons*											
12:00-12:30	Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Swim Lessons*						Swim Lessons*											
12:30-1:00	Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Swim Lessons*						Swim Lessons*											
1:00-1:30	Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Swim Lessons*						Swim Lessons*											
1:30-2:00	Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Swim Lessons*						Swim Lessons*											
2:00-2:30	Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Swim Lessons*						Swim Lessons*											
2:30-3:00	Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Swim Lessons*						Swim Lessons*											
3:00-3:30	Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Swim Lessons*						Swim Lessons*											
3:30-4:00	Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Swim Lessons*						Swim Lessons*											
4:00-4:30	Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Swim Lessons*						Swim Lessons*											
4:30-5:00	Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Swim Lessons*						Swim Lessons*											
5:00-5:30	Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Adult Lap Swim						Swim Lessons*						Swim Lessons*											
5:30-6:00	Swim Team*						Swim Lessons*						Swim Team*						Swim Lessons*						Swim Team*						Swim Lessons*						Swim Lessons*						Swim Lessons*					
6:00-6:30	Swim Team*						Swim Lessons*						Swim Team*						Swim Lessons*						Swim Team*						Swim Lessons*						Swim Lessons*						Swim Lessons*					
6:30-7:00	Swim Team*						Swim Lessons*						Swim Team*						Swim Lessons*						Swim Team*						Swim Lessons*						Swim Lessons*						Swim Lessons*					
7:00-7:30	Swim Team*						Swim Lessons*						Swim Team*						Swim Lessons*						Swim Team*						Swim Lessons*						Swim Lessons*						Swim Lessons*					
7:30-8:00	Swim Team*						Swim Lessons*						Swim Team*						Swim Lessons*						Swim Team*						Swim Lessons*						Swim Lessons*						Swim Lessons*					
8:00-8:30	Swim Team*						Swim Lessons*						Swim Team*						Swim Lessons*						Swim Team*						Swim Lessons*						Swim Lessons*						Swim Lessons*					
8:30-9:00	Swim Team*						Swim Lessons*						Swim Team*						Swim Lessons*						Swim Team*						Swim Lessons*						Swim Lessons*						Swim Lessons*					
9:00-9:30pm	Swim Team*						Swim Lessons*						Swim Team*						Swim Lessons*						Swim Team*						Swim Lessons*						Swim Lessons*						Swim Lessons*					
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

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

**Adult Swim** - For adults only, this space is for any kind of exercising or relaxing you like to do.

**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 and younger 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.

\* Class or program not included in membership, additional fee is required

\*\* Swim caps are mandatory for all swimmers with shoulder length hair or longer.

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## Rutherford High School Pool

56 Elliott Place, Rutherford

Entrance is in rear of school on Fairview Ave.

Lanes->	MONDAY						WEDNESDAY						SATURDAY						SUNDAY																							
	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6																		
10:00-10:30am	Family Swim						Family Swim						Family Swim						Family Swim																							
10:30-11:00																																										
11:00-11:30																																										
11:30-12:00																																										
12:00-12:30																									Lap Swim						Lap Swim						Lap Swim					
12:30-1:00																																										
1:00-1:30																																										
1:30-2:00																																										
2:00-2:30																																										
2:30-3:00pm																																										

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