

Spring Meadowlands YMCA Pool Schedule

Schedule is subject to change - Effective February 25, 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	Adult Lap Swim												Adult Lap Swim												Adult Lap Swim												Adult Lap Swim												Adult Lap Swim												Closed												5:30-6:30am
6:30-7:30																																																																									6:30-7:30am
7:30-8:00																																																																									7:30-8:00
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8:30-9:00	8:30-9:00																																																																								
9:00-9:30pm	9:00-9:30pm																																																																								

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 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																								
10:30-11:00																								
11:00-11:30																								
11:30-12:00																								
12:00-12:30	Family Swim			Lap Swim			Family Swim			Lap Swim			Family Swim			Lap Swim			Family Swim			Lap Swim		
12:30-1:00																								
1:00-1:30																								
1:30-2:00																								
2:00-2:30																								
2:30-3:00pm																								

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

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