



Metuchen YMCA Pool Schedule

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hoppel 6AM-9AM Adult Swim (Lap)	Hoppel 7AM-9AM Adult (Lap) Swim	Hoppel 6AM-9AM Adult Swim (Lap)	Hoppel 7AM-9AM Adult Swim (Lap)	Hoppel 6AM-9AM Adult Swim (Lap)	Hoppel 7AM-9:30AM Adult Swim (Lap)	Hoppel 7AM-9:30AM Adult Swim
Finne 9:30AM-10:30AM AQUAFIT	Finne 9:30AM-12PM Adult Swim		Finne 11:15AM-12PM AQUA PI-YO	Finne 9:30AM-10:30AM AQUA ZUMBA	Hoppel 10AM-1PM Open Swim (Lap) *2 Lanes Only	Hoppel 10AM-1PM Open Swim (Lap) *2 Lanes Only
Finne 10:30AM - 12PM Adult Swim	Hoppel 12:30PM-2PM Open Swim	Finne 11AM-12:30PM Adult Swim	Finne 12PM-1PM Adult Swim	Finne 10:30AM - 12PM Adult Swim	Hoppel 1PM-3:30PM Open Swim	Hoppel 2:00PM-3:30PM Open Swim
Hoppel 1PM-2PM Adult Swim		Hoppel 1PM-2PM Adult Swim	Hoppel 1PM-2PM Adult Swim	Hoppel 12PM-1PM Open Swim	Finne ** 12:30PM-3:45PM Family Swim ONLY	Finne ** 1:00PM-3:45PM Open Swim
Hoppel 3PM-5PM Open Swim	Finne 3PM-4:45PM Open Swim	Hoppel 3PM-5:30PM Open Swim *2 Lanes ONLY	Finne 3PM-4:45PM Open Swim	Hoppel 4:30PM-5:30PM Open Swim		
Finne ** 7PM-8:45PM Adult Swim	Hoppel 4:45PM-5:30PM Adult Swim (Lap) Lanes ONLY	Finne ** 7:15PM-8:45PM Adult Swim	Hoppel 4:45PM-5:30PM Adult Swim (Lap) *2 Lanes ONLY	Finne 3PM-8PM Family Swim ONLY		

Alexis Brown
Director of Aquatics at

- ◆ Adult Lap/Swim-12+ must be green band level
- ◆ Open Swim-Both Adults and Families
- ◆ Family Swim-Members and their kids
- ◆ Swim Tests are administered by the lifeguards, kids under 6yrs and/or red band kids 12 and under need an Adult 18+ in the water