



Pool Schedule

Somerville YMCA

Created: 1/18/2019

Please refer to the schedule to plan ahead.

Schedule is subject to change – lap swim lanes may be shared with private lessons during peak times.

Lifeguards and Deck Supervisors have the final say in all pool matters and are in charge of keeping our members safe.

KEY:

MONDAY	CLASS	LOCATION
5:00 AM-8:30 AM	Adult Lap	Pool (5 Lanes)
5:00 AM-8:30 AM	Aqua Jog / Water Walk	Pool (1 lane)
8:30 AM-11:30 AM	Adult Lap	Pool (2 lanes)
8:30 AM-9:30 AM	Aqua Exercise	Pool (3 lanes)
9:30 AM-10:30 AM	Aqua Exercise	Pool (3 lanes)
10:30 AM-11:30 AM	Aqua Exercise	Pool (4 lanes)
11:30 AM-2:30 PM	Adult Lap	Pool (3 lanes)
11:45 AM-2:30 PM	Family Swim	Pool (2 lanes)
11:45 AM-2:30 PM	Youth Lap	Pool (1 lane)
2:30 PM-4:30 PM	Adult Lap	Pool (6 Lanes)
4:30 PM-5:00 PM	Adult Lap	Pool (4 lanes)
5:00 PM-6:00 PM	Adult Lap	Pool (5 Lanes)
6:00 PM-8:30 PM	Adult Lap	Pool (2 lanes)
8:30 PM-9:00 PM	Adult Lap	Pool (1 lane)
8:30 PM-9:45 PM	Family Swim	Pool (2 lanes)
9:00 PM-9:45 PM	Adult Lap	AP Room

TUESDAY	CLASS	LOCATION
5:00 AM-8:30 AM	Aqua Jog / Water Walk	Pool (1 lane)
5:00 AM-8:30 AM	Adult Lap	Pool (5 Lanes)
8:30 AM-9:30 AM	Aqua Zumba	Pool (3 lanes)
8:30 AM-11:30 AM	Adult Lap	Pool (2 lanes)
9:30 AM-10:30 AM	Aqua Exercise	Pool (3 lanes)
10:30 AM-11:30 AM	Aqua Exercise	Pool (3 lanes)
11:30 AM-2:30 PM	Adult Lap	Pool (3 lanes)
11:45 AM-2:30 PM	Youth Lap	Pool (1 lane)
11:45 AM-2:30 PM	Family Swim	Pool (2 lanes)
2:30 PM-4:30 PM	Adult Lap	Pool (1 lane)
4:30 PM-5:30 PM	Adult Lap	Pool (2 lanes)
5:30 PM-6:30 PM	Aqua Exercise	Pool (2 lanes)
5:30 PM-8:45 PM	Adult Lap	Pool (1 lane)
6:30 PM-7:30 PM	Aqua Exercise	Pool (2 lanes)
7:30 PM-9:45 PM	Family Swim	Pool (2 lanes)
8:45 PM-9:45 PM	Adult Lap	Pool (4 lanes)

WEDNESDAY	CLASS	LOCATION
5:00 AM-8:30 AM	Aqua Jog / Water Walk	Pool (1 lane)
5:00 AM-8:30 AM	Adult Lap	Pool (5 Lanes)
8:30 AM-9:30 AM	Aqua Exercise	Pool (3 lanes)
8:30 AM-11:30 AM	Adult Lap	Pool (2 lanes)
9:30 AM-10:30 AM	Aqua Exercise	Pool (3 lanes)
10:30 AM-11:30 AM	Aqua Exercise	Pool (4 lanes)
11:30 AM-2:30 PM	Adult Lap	Pool (3 lanes)
11:45 AM-2:30 PM	Family Swim	Pool (2 lanes)
11:45 AM-2:30 PM	Youth Lap	Pool (1 lane)
2:30 PM-4:30 PM	Adult Lap	0 Lanes
4:30 PM-6:00 PM	Adult Lap <i>Swim Team lanes 1-4</i>	Pool (1 lane)
6:00 PM-7:15 PM	Adult Lap <i>Swim Team lanes 1-3</i>	Pool (2 lanes)

WEDNESDAY	CLASS	LOCATION
7:15 PM-8:45 PM	Adult Lap <i>Swim Team lanes 1-4</i>	Pool (1 lane)
8:45 PM-9:45 PM	Adult Lap	Pool (3 lanes)
8:45 PM-9:45 PM	Family Swim	Pool (1 lane)
THURSDAY	CLASS	LOCATION
5:00 AM-8:30 AM	Aqua Jog / Water Walk	Pool (1 lane)
5:00 AM-8:30 AM	Adult Lap	Pool (5 Lanes)
8:30 AM-9:30 AM	Adult Lap	Pool (2 lanes)
8:30 AM-9:30 AM	Aqua Zumba	Pool (3 lanes)
9:30 AM-11:30 AM	Adult Lap	Pool (3 lanes)
9:30 AM-10:30 AM	Aqua Exercise	Pool (3 lanes)
10:30 AM-11:30 AM	Aqua Exercise	Pool (3 lanes)
10:30 AM-11:30 AM	Aqua Pilates	Pool (2 lanes)
11:30 AM-11:45 AM	Adult Lap	Pool (5 Lanes)
11:45 AM-2:30 PM	Youth Lap	Pool (1 lane)
11:45 AM-2:30 PM	Family Swim	Pool (2 lanes)
11:45 AM-2:30 PM	Adult Lap	Pool (4 lanes)
2:30 PM-4:30 PM	Adult Lap	Pool (1 lane)
4:30 PM-5:30 PM	Adult Lap	Pool (6 Lanes)
5:30 PM-6:30 PM	Aqua Exercise	Pool (2 lanes)
5:30 PM-5:45 PM	Adult Lap	Pool (4 lanes)
5:45 PM-8:45 PM	Adult Lap	Pool (1 lane)
6:30 PM-7:30 PM	Aqua Exercise	Pool (2 lanes)
7:30 PM-9:45 PM	Family Swim	Pool (2 lanes)
8:45 PM-9:45 PM	Adult Lap	Pool (4 lanes)
FRIDAY	CLASS	LOCATION
5:00 AM-8:30 AM	Adult Lap	Pool (5 Lanes)
5:00 AM-8:30 AM	Aqua Jog / Water Walk	Pool (1 lane)
8:30 AM-9:30 AM	Aqua Exercise	Pool (3 lanes)
8:30 AM-11:30 AM	Adult Lap	Pool (3 lanes)
9:30 AM-10:30 AM	Aqua Exercise	Pool (3 lanes)
9:30 AM-10:30 AM	Deep Water Exercise	Pool (3 lanes)
10:30 AM-11:30 AM	Aqua Exercise	Pool (3 lanes)
10:30 AM-11:30 AM	Aqua Pilates	Pool (2 lanes)
11:30 AM-2:30 PM	Adult Lap	Pool (3 lanes)
11:45 AM-2:30 PM	Youth Lap	Pool (1 lane)
11:45 AM-2:30 PM	Family Swim	Pool (2 lanes)
2:30 PM-4:30 PM	Adult Lap <i>Swim team lanes 1-5</i>	Pool (1 lane)
4:30 PM-8:30 PM	Adult Lap	Pool (1 lane)
8:00 PM-9:45 PM	Family Swim	Pool (2 lanes)
8:30 PM-9:45 PM	Adult Lap	Pool (4 lanes)
SATURDAY	CLASS	LOCATION
7:00 AM-8:30 AM	Adult Lap	Pool (5 Lanes)
7:00 AM-8:30 AM	Aqua Jog / Water Walk	Pool (1 lane)
8:30 AM-9:30 AM	Adult Lap	Pool (2 lanes)
9:30 AM-1:15 PM	Adult Lap	Pool (4 lanes)
1:15 PM-7:30 PM	Youth Lap	Pool (1 lane)
1:15 PM-7:45 PM	Family Swim	Pool (2 lanes)
1:15 PM-7:30 PM	Adult Lap	Pool (3 lanes)
SUNDAY	CLASS	LOCATION
9:00 AM-9:30 AM	Adult Lap <i>Swim team lanes 1-5</i>	Pool (1 lane)
9:30 AM-10:30 AM	Adult Lap	Pool (6 Lanes)
10:30 AM-11:30 AM	Adult Lap	Pool (4 lanes)
11:30 AM-3:45 PM	Adult Lap	Pool (4 lanes)
2:15 PM-3:45 PM	Family Swim	Pool (2 lanes)
3:45 PM-5:15 PM	Adult Lap	Pool (1 lane)

CLASS DESCRIPTIONS

ADULT LAP

Adult lap is for swimmers age 11+ who intend to swim laps continuously through their entire workout.

AQUA EXERCISE

A wide variety of exercises developed specifically for the water. Great for cardio vascular flow and development of the muscular system. Appropriate for swimmers and non-swimmers.

AQUA JOG / WATER WALK

Aqua Jog / Water Walk is for members to exercise on their own.

AQUA PILATES

This class takes traditional Pilates exercises and modifies them for the water. These exercises help strengthen the core of your body, tone muscles, and help to improve posture, breathing, flexibility, and balance.

AQUA ZUMBA

Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

DEEP WATER EXERCISE

A no impact water exercise program using an aqua belt to assist buoyancy and balance. Great for toning the body, working the cardio vascular system and building endurance.

FAMILY SWIM

Family swim is for families to swim and play together. Noodles/water toys permitted with Lifeguard approval.

YOUTH LAP

Youth lap is for children 10 years and younger to swim laps continuously.
If you need assistance, please ask the Aquatics staff for help.