



Pools Schedule

Somerset Hills YMCA-Mt. Airy

Created: 7/17/2019

Schedule is subject to change. Multiple activities are often scheduled in this pool at the same time.

Lap Swimming Tips

Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please receive the first swimmer's acknowledgement that you are there. Please get kickboards, pull buoys, etc. before entering the pool.

Directions

If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.

Speed

Please try to choose a lane with swimmers that most closely match your speed

KEY: ♥ Beginner ♥♥ Intermediate

MONDAY	CLASS	LOCATION
5:00 AM-8:25 AM	Adult Lap (6 Lanes)	Engelhard (Warmer) Pool
5:00 AM-6:30 AM	Adult Lap (6 Lanes)	Chandor (Cooler) Pool
6:30 AM-7:30 AM	Pool Closure <i>U.S. Masters Swim Practice</i>	Chandor (Cooler) Pool
6:30 AM-7:30 AM	U.S. Masters Swim Practice	Chandor (Cooler) Pool
7:30 AM-4:30 PM	Adult Lap (6 Lanes)	Chandor (Cooler) Pool
8:25 AM-10:30 AM	Adult Lap (1 Lane)	Engelhard (Warmer) Pool
8:30 AM-9:15 AM	♥♥ Aqua Dance	Engelhard (Warmer) Pool
9:15 AM-10:15 AM	♥ Arthritis	Engelhard (Warmer) Pool
10:30 AM-11:00 AM	Adult Lap (3 Lanes)	Engelhard (Warmer) Pool
11:00 AM-3:00 PM	Pool Closure <i>Summer Camp</i>	Engelhard (Warmer) Pool
12:00 PM-1:00 PM	♥♥ W.E.T. Water Exercise Together	Engelhard (Warmer) Pool
3:00 PM-4:30 PM	Adult Lap (3 Lanes)	Engelhard (Warmer) Pool
4:30 PM-7:30 PM	Pool Closure <i>SHY Swim Team Practice</i>	Chandor (Cooler) Pool
4:30 PM-6:00 PM	Adult Lap (2 Lanes)	Engelhard (Warmer) Pool
5:00 PM-7:00 PM	Family Swim	Stoddard (Family) Pool
6:00 PM-7:00 PM	Adult Lap (2 Lanes)	Engelhard (Warmer) Pool
7:00 PM-7:45 PM	♥♥ Water Exercise	Engelhard (Warmer) Pool
7:00 PM-7:45 PM	Adult Lap (1 Lane)	Engelhard (Warmer) Pool
7:30 PM-9:45 PM	Adult Lap (6 Lanes)	Chandor (Cooler) Pool
7:45 PM-9:45 PM	Adult Lap (6 Lanes)	Engelhard (Warmer) Pool

TUESDAY	CLASS	LOCATION
5:00 AM-12:00 PM	Adult Lap (6 Lanes)	Chandor (Cooler) Pool
5:00 AM-8:25 AM	Adult Lap (6 Lanes)	Engelhard (Warmer) Pool
8:25 AM-10:30 AM	Adult Lap (1 Lane)	Engelhard (Warmer) Pool
8:30 AM-9:15 AM	♥♥ Water Exercise	Engelhard (Warmer) Pool
9:15 AM-10:00 AM	♥♥ W.E.T. Water Exercise Together	Engelhard (Warmer) Pool
9:15 AM-10:15 AM	U.S. Masters Swim Practice	Chandor (Cooler) Pool
10:30 AM-11:00 AM	Adult Lap (3 Lanes)	Engelhard (Warmer) Pool
11:00 AM-3:00 PM	Pool Closure <i>Summer Camp</i>	Engelhard (Warmer) Pool
12:00 PM-1:00 PM	♥♥ W.E.T. Water Exercise Together	Stoddard (Family) Pool
12:00 PM-1:00 PM	Adult Lap (5 Lanes)	Chandor (Cooler) Pool
1:00 PM-4:30 PM	Adult Lap (6 Lanes)	Chandor (Cooler) Pool
3:00 PM-4:30 PM	Adult Lap (3 Lanes)	Engelhard (Warmer) Pool
4:30 PM-6:00 PM	Adult Lap (2 Lanes)	Engelhard (Warmer) Pool
4:30 PM-7:30 PM	Pool Closure <i>SHY Swim Team Practice</i>	Chandor (Cooler) Pool
5:00 PM-7:00 PM	Family Swim	Stoddard (Family) Pool
6:00 PM-7:00 PM	Adult Lap (3 Lanes)	Engelhard (Warmer) Pool
7:00 PM-7:45 PM	♥♥ W.E.T. Water Exercise Together	Engelhard (Warmer) Pool

TUESDAY	CLASS	LOCATION
7:00 PM-7:45 PM	Adult Lap (1 Lane)	Engelhard (Warmer) Pool
7:30 PM-9:45 PM	Adult Lap (6 Lanes)	Chandor (Cooler) Pool
7:45 PM-9:45 PM	Adult Lap (6 Lanes)	Engelhard (Warmer) Pool
WEDNESDAY	CLASS	LOCATION
5:00 AM-8:25 AM	Adult Lap (6 Lanes)	Engelhard (Warmer) Pool
5:00 AM-6:30 AM	Adult Lap (6 Lanes)	Chandor (Cooler) Pool
6:30 AM-7:30 AM	Pool Closure <i>U.S. Masters Swim Practice</i>	Chandor (Cooler) Pool
6:30 AM-7:30 AM	U.S. Masters Swim Practice	Chandor (Cooler) Pool
7:30 AM-9:45 PM	Adult Lap (6 Lanes)	Chandor (Cooler) Pool
8:25 AM-10:30 AM	Adult Lap (1 Lane)	Engelhard (Warmer) Pool
8:30 AM-9:15 AM	Deep Water Tabata	Engelhard (Warmer) Pool
9:15 AM-10:15 AM	♥ Arthritis	Engelhard (Warmer) Pool
10:30 AM-11:00 AM	Adult Lap (3 Lanes)	Engelhard (Warmer) Pool
11:00 AM-3:00 PM	Pool Closure <i>Summer Camp</i>	Engelhard (Warmer) Pool
12:00 PM-1:00 PM	♥♥ W.E.T. Water Exercise Together	Engelhard (Warmer) Pool
3:00 PM-4:00 PM	Adult Lap (3 Lanes)	Engelhard (Warmer) Pool
4:00 PM-6:00 PM	Adult Lap (2 Lanes)	Engelhard (Warmer) Pool
5:00 PM-7:00 PM	Family Swim	Stoddard (Family) Pool
6:00 PM-7:00 PM	Adult Lap (3 Lanes)	Engelhard (Warmer) Pool
7:00 PM-8:45 PM	Deep Water Tabata	Engelhard (Warmer) Pool
7:00 PM-7:45 PM	Adult Lap (1 Lane)	Engelhard (Warmer) Pool
7:45 PM-9:45 PM	Adult Lap (6 Lanes)	Engelhard (Warmer) Pool
THURSDAY	CLASS	LOCATION
5:00 AM-12:00 PM	Adult Lap (6 Lanes)	Chandor (Cooler) Pool
5:00 AM-8:25 AM	Adult Lap (6 Lanes)	Engelhard (Warmer) Pool
8:30 AM-9:15 AM	♥♥ Aqua Dance	Engelhard (Warmer) Pool
9:15 AM-10:00 AM	♥♥ W.E.T. Water Exercise Together	Engelhard (Warmer) Pool
9:15 AM-10:15 AM	U.S. Masters Swim Practice	Chandor (Cooler) Pool
10:30 AM-11:00 AM	Adult Lap (2 Lanes)	Engelhard (Warmer) Pool
11:00 AM-3:00 PM	Pool Closure <i>Summer Camp</i>	Engelhard (Warmer) Pool
12:00 PM-4:30 PM	Adult Lap (6 Lanes)	Chandor (Cooler) Pool
12:00 PM-1:00 PM	♥♥ W.E.T. Water Exercise Together	Stoddard (Family) Pool
12:00 PM-1:00 PM	Adult Lap (5 Lanes)	Chandor (Cooler) Pool
3:00 PM-4:30 PM	Adult Lap (3 Lanes)	Engelhard (Warmer) Pool
4:30 PM-7:30 PM	Pool Closure <i>SHY Swim Team Practice</i>	Chandor (Cooler) Pool
4:30 PM-6:00 PM	Adult Lap (2 Lanes)	Engelhard (Warmer) Pool
6:00 PM-7:00 PM	Adult Lap (3 Lanes)	Engelhard (Warmer) Pool
7:00 PM-7:45 PM	Adult Lap (1 Lane)	Engelhard (Warmer) Pool
7:00 PM-7:45 PM	♥♥ Water Exercise	Engelhard (Warmer) Pool
7:30 PM-9:45 PM	Adult Lap (6 Lanes)	Chandor (Cooler) Pool
7:45 PM-9:45 PM	Adult Lap (6 Lanes)	Engelhard (Warmer) Pool
FRIDAY	CLASS	LOCATION
5:00 AM-8:25 AM	Adult Lap (6 Lanes)	Engelhard (Warmer) Pool
5:00 AM-9:45 PM	Adult Lap (6 Lanes)	Chandor (Cooler) Pool
8:25 AM-10:30 AM	Adult Lap (1 Lane)	Engelhard (Warmer) Pool
8:30 AM-9:15 AM	♥♥ W.E.T. Water Exercise Together	Engelhard (Warmer) Pool
9:30 AM-10:30 AM	♥ Arthritis	Engelhard (Warmer) Pool
12:00 PM-1:00 PM	♥♥ W.E.T. Water Exercise Together	Engelhard (Warmer) Pool
1:00 PM-2:00 PM	Adult Lap (4 Lanes)	Engelhard (Warmer) Pool
4:00 PM-7:00 PM	Adult Lap (4 Lanes)	Engelhard (Warmer) Pool
5:00 PM-6:00 PM	Water Slides	Stoddard (Family) Pool
5:00 PM-7:00 PM	Family Swim	Stoddard (Family) Pool
7:00 PM-7:45 PM	♥♥ W.E.T. Water Exercise Together	Engelhard (Warmer) Pool
7:00 PM-7:45 PM	Adult Lap (2 Lanes)	Engelhard (Warmer) Pool
7:45 PM-9:45 PM	Adult Lap (6 Lanes)	Engelhard (Warmer) Pool
SATURDAY	CLASS	LOCATION
6:00 AM-9:00 AM	Adult Lap (6 Lanes)	Engelhard (Warmer) Pool
6:00 AM-8:30 AM	Adult Lap (6 Lanes)	Chandor (Cooler) Pool

SATURDAY	CLASS	LOCATION
8:30 AM-10:30 AM	Pool Closure <i>SHY Swim Team Practice</i>	Chandor (Cooler) Pool
9:00 AM-12:00 PM	Adult Lap (2 Lanes)	Engelhard (Warmer) Pool
10:30 AM-7:45 PM	Adult Lap (6 Lanes)	Chandor (Cooler) Pool
12:00 PM-4:00 PM	Adult Lap (3 Lanes)	Engelhard (Warmer) Pool
12:00 PM-4:00 PM	Family Swim	Stoddard (Family) Pool
4:00 PM-7:45 PM	Adult Lap (6 Lanes)	Engelhard (Warmer) Pool
SUNDAY	CLASS	LOCATION
7:00 AM-5:45 PM	Adult Lap (6 Lanes)	Chandor (Cooler) Pool
7:00 AM-9:00 AM	Youth Lap (1 Lane)	Engelhard (Warmer) Pool
7:00 AM-9:00 AM	Adult Lap (4 Lanes)	Engelhard (Warmer) Pool
9:00 AM-12:00 PM	Adult Lap (3 Lanes)	Engelhard (Warmer) Pool
12:00 PM-4:00 PM	Family Swim	Stoddard (Family) Pool
12:00 PM-2:00 PM	Water Slides	Stoddard (Family) Pool
12:00 PM-2:00 PM	Adult Lap (2 Lanes)	Engelhard (Warmer) Pool
12:00 PM-1:00 PM	♥♥ W.E.T. Water Exercise Together	Engelhard (Warmer) Pool
1:00 PM-2:00 PM	♥ Arthritis	Engelhard (Warmer) Pool
2:00 PM-4:00 PM	Adult Lap (3 Lanes)	Engelhard (Warmer) Pool
2:00 PM-5:45 PM	Adult Lap (4 Lanes)	Engelhard (Warmer) Pool

CLASS DESCRIPTIONS

ADULT LAP (1 LANE)

ADULT LAP (2 LANES)

ADULT LAP (3 LANES)

ADULT LAP (4 LANES)

ADULT LAP (5 LANES)

ADULT LAP (6 LANES)

AQUA DANCE

Enjoy the dance moves of land Zumba in the water

ARTHRITIS

Level Low to Moderate; Gentle water workout designed to improve balance, flexibility and range of motion.

DEEP WATER TABATA

This high-intensity interval training format consists of 20 seconds of all-out, intense work followed by 10 seconds of moderate intensity. Effective for time-crunched members whose goals are weight loss and performance enhancement. Deep-water exercise is a great non impact fitness experience that includes full body movements. Aqua shoes are required for last 15 minutes. Hair will get wet.

FAMILY SWIM

Children UNDER 7 years of age and all children UNDER 48 inches tall must have an adult who is wearing appropriate swim attire and in the water within arm's reach of the child at all times, including in the zero-entry. Children ages 7-10 must be supervised by an adult in the pool area at all times. Only US Coast Guard approved flotation devices are allowed.

POOL CLOSURE

U.S. MASTERS SWIM PRACTICE

Our Program

Our U.S. Masters Swimming program appropriately challenges beginner to competitive swimmers by improving stroke technique. Whether you are a traditional competitive master's swimmer, an open water swimmer, a triathlete, or you just want to swim for fun, this program is for you! Not only is swimming a life skill, but this program will help you develop a healthier lifestyle through swimming, build friendships through our members, and grow by meeting your personal fitness goals.

ALL PARTICIPANTS NEED TO BE REGISTERED WITH U.S. MASTERS SWIMMING. Somerset County YMCA is registered with USMS as Somerset County YMCA Masters (SCY). Registration for the team is a separate cost beyond the monthly practice fees. Register at www.usms.org.

W.E.T. WATER EXERCISE TOGETHER

Level Moderate to Intermediate; Less intense workout. Ideal for participants returning to exercise, rehab, pre- and post-natal, YMCA Active Older Adult Program.

WATER EXERCISE

Level Intermediate to Advanced

WATER SLIDES

Riders must be at least 48 inches tall. For safety reasons, there will be no exceptions to this rule. Slides will not be turned on if there is a competitive swim meet in progress.

YOUTH LAP (1 LANE)