



Pool Schedule

Hillsborough YMCA

Created: 1/18/2019

Scheduled Closures

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

KEY:

MONDAY	CLASS	LOCATION
5:00 AM-7:30 AM	Lap Swim (3 Lanes)	Lap Pool
5:15 AM-6:15 AM	U.S. Masters Swim Practice	Lap Pool
6:30 AM-7:30 AM	U.S. Masters Swim Practice	Lap Pool
7:00 AM-11:00 AM	Open Swim (Whole Pool)	Therapy Pool
7:30 AM-9:30 AM	Lap Swim (6 Lanes)	Lap Pool
9:30 AM-10:30 AM	Lap Swim (3 Lanes)	Lap Pool
9:30 AM-10:30 AM	Aqua Exercise (3 Lanes)	Lap Pool
10:30 AM-11:00 AM	Lap Swim (6 Lanes)	Lap Pool
11:00 AM-1:00 PM	Senior Swim (3 Lanes)	Lap Pool
11:00 AM-1:00 PM	Lap Swim (3 Lanes)	Lap Pool
11:00 AM-1:00 PM	Senior Swim (Whole Pool)	Therapy Pool
12:15 PM-1:00 PM	Aqua Yoga	Therapy Pool
1:00 PM-5:30 PM	Open Swim (Whole Pool)	Therapy Pool
1:00 PM-3:00 PM	Lap Swim (6 Lanes)	Lap Pool
4:30 PM-5:30 PM	Lap Swim (6 Lanes)	Lap Pool
5:30 PM-7:30 PM	Open Swim (1/2 Pool)	Therapy Pool
5:30 PM-8:15 PM	Lap Swim (1 lane)	Lap Pool
7:30 PM-9:00 PM	Open Swim (Whole Pool)	Therapy Pool
8:00 PM-9:00 PM	U.S. Masters Swim Practice	Lap Pool
8:15 PM-9:00 PM	Lap Swim (3 Lanes)	Lap Pool
9:00 PM-9:45 PM	Lap Swim (6 Lanes)	Lap Pool
TUESDAY	CLASS	LOCATION
5:00 AM-9:30 AM	Lap Swim (6 Lanes)	Lap Pool
7:00 AM-9:00 AM	Open Swim (Whole Pool)	Therapy Pool
9:30 AM-11:30 AM	Lap Swim (3 Lanes)	Lap Pool
9:30 AM-10:30 AM	Aqua Exercise (3 Lanes)	Lap Pool
11:00 AM-5:00 PM	Open Swim (Whole Pool)	Therapy Pool
11:30 AM-3:00 PM	Lap Swim (6 Lanes)	Lap Pool
4:30 PM-6:00 PM	Lap Swim (1 lane)	Lap Pool
5:00 PM-7:00 PM	Open Swim (1/2 Pool)	Therapy Pool
6:00 PM-7:00 PM	Lap Swim (5 Lanes)	Lap Pool
7:00 PM-9:00 PM	Open Swim (Whole Pool)	Therapy Pool
7:00 PM-8:15 PM	Lap Swim (1 lane)	Lap Pool
8:30 PM-9:45 PM	Lap Swim (6 Lanes)	Lap Pool
WEDNESDAY	CLASS	LOCATION
5:00 AM-7:30 AM	Lap Swim (3 Lanes)	Lap Pool
5:15 AM-6:15 AM	U.S. Masters Swim Practice	Lap Pool
6:30 AM-7:30 AM	U.S. Masters Swim Practice	Lap Pool
7:00 AM-11:00 AM	Open Swim (Whole Pool)	Therapy Pool
7:30 AM-9:30 AM	Lap Swim (6 Lanes)	Lap Pool
9:30 AM-10:30 AM	Aqua Exercise (3 Lanes)	Lap Pool
9:30 AM-10:30 AM	Lap Swim (3 Lanes)	Lap Pool
10:30 AM-11:00 AM	Lap Swim (6 Lanes)	Lap Pool
11:00 AM-1:00 PM	Senior Swim (3 Lanes)	Lap Pool
11:00 AM-1:00 PM	Lap Swim (3 Lanes)	Lap Pool
11:00 AM-1:00 PM	Senior Swim (Whole Pool)	Therapy Pool
1:00 PM-3:00 PM	Lap Swim (6 Lanes)	Lap Pool
1:00 PM-2:00 PM	Open Swim (Whole Pool)	Therapy Pool
3:30 PM-5:30 PM	Open Swim (Whole Pool)	Therapy Pool
4:30 PM-5:30 PM	Lap Swim (6 Lanes)	Lap Pool
5:30 PM-6:30 PM	Open Swim (1/2 Pool)	Therapy Pool

WEDNESDAY	CLASS	LOCATION
6:30 PM-9:00 PM	Open Swim (Whole Pool)	Therapy Pool
6:30 PM-7:15 PM	Lap Swim (1 lane)	Lap Pool
7:15 PM-8:00 PM	Lap Swim (2 Lanes)	Lap Pool
8:00 PM-9:00 PM	U.S. Masters Swim Practice	Lap Pool
8:00 PM-9:00 PM	Lap Swim (3 Lanes)	Lap Pool
9:00 PM-9:45 PM	Lap Swim (6 Lanes)	Lap Pool
THURSDAY	CLASS	LOCATION
5:00 AM-6:45 AM	Lap Swim (3 Lanes)	Lap Pool
6:45 AM-9:30 AM	Lap Swim (6 Lanes)	Lap Pool
7:00 AM-9:00 AM	Open Swim (Whole Pool)	Therapy Pool
9:30 AM-10:30 AM	Aqua Exercise (3 Lanes)	Lap Pool
9:30 AM-10:30 AM	Lap Swim (3 Lanes)	Lap Pool
10:30 AM-3:00 PM	Lap Swim (6 Lanes)	Lap Pool
11:00 AM-9:00 PM	Open Swim (Whole Pool)	Therapy Pool
4:30 PM-5:30 PM	Lap Swim (2 Lanes)	Lap Pool
5:30 PM-8:30 PM	Lap Swim (1 lane)	Lap Pool
8:30 PM-9:00 PM	Lap Swim (3 Lanes)	Lap Pool
9:00 PM-9:45 PM	Lap Swim (6 Lanes)	Lap Pool
FRIDAY	CLASS	LOCATION
5:00 AM-6:30 AM	Lap Swim (6 Lanes)	Lap Pool
6:30 AM-7:30 AM	U.S. Masters Swim Practice	Lap Pool
7:00 AM-11:00 AM	Open Swim (Whole Pool)	Therapy Pool
7:45 AM-9:30 AM	Lap Swim (6 Lanes)	Lap Pool
9:30 AM-10:30 AM	Aqua Exercise (3 Lanes)	Lap Pool
9:30 AM-10:30 AM	Lap Swim (3 Lanes)	Lap Pool
10:30 AM-11:00 AM	Lap Swim (6 Lanes)	Lap Pool
11:00 AM-1:00 PM	Senior Swim (Whole Pool)	Therapy Pool
11:00 AM-1:00 PM	Lap Swim (3 Lanes)	Lap Pool
11:00 AM-1:00 PM	Senior Swim (3 Lanes)	Lap Pool
1:00 PM-3:00 PM	Lap Swim (6 Lanes)	Lap Pool
1:00 PM-9:00 PM	Open Swim (Whole Pool)	Therapy Pool
4:30 PM-8:00 PM	Lap Swim (1 lane)	Lap Pool
6:30 PM-7:45 PM	Lap Swim (2 Lanes)	Lap Pool
8:00 PM-9:45 PM	Lap Swim (6 Lanes)	Lap Pool
SATURDAY	CLASS	LOCATION
6:30 AM-7:30 AM	Adult Swim (6 Lanes)	Lap Pool
6:30 AM-7:30 AM	Adult Swim (Whole Pool)	Therapy Pool
7:30 AM-9:00 AM	Open Swim (Whole Pool) <i>May be shared with private swim lessons</i>	Therapy Pool
7:30 AM-9:00 AM	Lap Swim (6 Lanes)	Lap Pool
9:00 AM-12:00 PM	Lap Swim (3 Lanes)	Lap Pool
9:00 AM-12:00 PM	Family Swim (1 Lane)	Lap Pool
12:00 PM-6:00 PM	Open Swim (Whole Pool) <i>May be shared with private swim lessons</i>	Therapy Pool
12:00 PM-7:45 PM	Lap Swim (6 Lanes) <i>May be shared with private swim lessons</i>	Lap Pool
SUNDAY	CLASS	LOCATION
7:00 AM-8:00 AM	Adult Swim (Whole Pool)	Therapy Pool
8:00 AM-5:45 PM	Open Swim (Whole Pool) <i>May be shared with private swim lessons</i>	Therapy Pool
9:00 AM-4:30 PM	Lap Swim (6 Lanes) <i>May be shared with private swim lessons</i>	Lap Pool
4:30 PM-5:30 PM	Lap Swim (3 Lanes)	Lap Pool

CLASS DESCRIPTIONS

ADULT SWIM (6 LANES)

ADULT SWIM (WHOLE POOL)

AQUA EXERCISE (3 LANES)

This program consists of a wide variety of exercises developed specifically for the water. Appropriate for swimmers and beginner swimmers.

AQUA YOGA

This class creatively adapts yoga for the pool. Elongate the entire body with conditioning exercises and building a stronger core.

FAMILY SWIM (1 LANE)

LAP SWIM (1 LANE)

LAP SWIM (2 LANES)

LAP SWIM (3 LANES)

LAP SWIM (5 LANES)

LAP SWIM (6 LANES)

OPEN SWIM (1/2 POOL)

OPEN SWIM (WHOLE POOL)

SENIOR SWIM (3 LANES)

SENIOR SWIM (WHOLE POOL)

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.