



Pool Schedule

Bridgewater YMCA

Created: 1/18/2019

Please refer to the schedule to plan ahead.

Lanes will be utilized for swim meets on the following dates:

Saturday, December 22 from 2:00pm – 4:30pm (7 lanes)

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-2:30 PM	Aqua Jog	Main Lap Pool (1 lane)
5:00 AM-9:00 AM	Adult Lap	Main Lap Pool (9)
9:00 AM-10:00 AM	Aqua Exercise	Main Lap Pool (2)
9:00 AM-2:30 PM	Adult Lap	Main Lap Pool (7)
10:00 AM-11:00 AM	Aqua Exercise	Main Lap Pool (2)
12:00 PM-2:30 PM	Youth Lap	Main Lap Pool (1 lane)
12:00 PM-2:30 PM	Family Swim	Main Lap Pool (1 lane)
2:30 PM-3:00 PM	Adult Lap	Main Lap Pool (4)
3:00 PM-4:00 PM	Adult Lap	Main Lap Pool (2)
4:00 PM-4:30 PM	Adult Lap	Main Lap Pool (2)
4:30 PM-6:00 PM	Adult Lap	Main Lap Pool (1 lane)
6:00 PM-9:00 PM	Adult Lap	Main Lap Pool (3)
9:00 PM-9:45 PM	Adult Lap	Main Lap Pool (1 lane)
TUESDAY	CLASS	LOCATION
5:00 AM-2:30 PM	Aqua Jog	Main Lap Pool (1 lane)
5:00 AM-9:00 AM	Adult Lap	Main Lap Pool (9)
9:00 AM-10:00 AM	Aqua Zumba	Main Lap Pool (2)
9:00 AM-10:00 AM	Adult Lap	Main Lap Pool (7)
10:00 AM-12:00 PM	Adult Lap	Main Lap Pool (9)
12:00 PM-2:30 PM	Youth Lap	Main Lap Pool (1 lane)
12:00 PM-2:30 PM	Family Swim	Main Lap Pool (1 lane)
12:00 PM-2:30 PM	Adult Lap	Main Lap Pool (7)
2:30 PM-3:00 PM	Adult Lap	Main Lap Pool (4)
3:00 PM-4:00 PM	Adult Lap	Main Lap Pool (2)
4:00 PM-4:30 PM	Adult Lap	Main Lap Pool (3)
4:30 PM-7:30 PM	Adult Lap	Main Lap Pool (2)
7:30 PM-8:00 PM	Adult Lap	Main Lap Pool (4)
8:00 PM-9:00 PM	Adult Lap	Main Lap Pool (3)
9:00 PM-9:45 PM	Adult Lap	Main Lap Pool (8)
WEDNESDAY	CLASS	LOCATION
5:00 AM-10:00 AM	Aqua Jog	Main Lap Pool (1 lane)
5:00 AM-5:30 AM	Adult Lap	Main Lap Pool (8)
5:30 AM-7:00 AM	Adult Lap	Main Lap Pool (7)
7:00 AM-10:00 AM	Adult Lap	Main Lap Pool (7)
9:00 AM-10:00 AM	Aqua Exercise	Main Lap Pool (2)
10:00 AM-11:00 AM	Aqua Exercise	Main Lap Pool (2)
10:00 AM-11:00 AM	Adult Lap	Main Lap Pool (6)
11:00 AM-1:00 PM	Aqua Jog	Main Lap Pool (1 lane)
11:00 AM-1:00 PM	Family Swim	Main Lap Pool (1 lane)
11:00 AM-2:00 PM	Adult Lap	Main Lap Pool (8)
2:00 PM-6:00 PM	Adult Lap	Main Lap Pool (3)
	<i>Swim team lanes 1-7</i>	
6:00 PM-7:30 PM	Adult Lap	Main Lap Pool (2)
	<i>Swim team lanes 1-5</i>	
7:30 PM-9:45 PM	Adult Lap	Main Lap Pool (2)
8:00 PM-9:45 PM	Family Swim	Main Lap Pool (1 lane)
8:00 PM-9:45 PM	Youth Lap	Main Lap Pool (1 lane)

THURSDAY	CLASS	LOCATION
5:00 AM-2:30 PM	Aqua Jog	Main Lap Pool (1 lane)
5:00 AM-5:15 AM	Adult Lap	Main Lap Pool (9)
5:15 AM-6:45 AM	Adult Lap	Main Lap Pool (3)
6:45 AM-9:00 AM	Adult Lap	Main Lap Pool (9)
9:00 AM-10:00 AM	Aqua Zumba	Main Lap Pool (2)
9:00 AM-10:00 AM	Adult Lap	Main Lap Pool (7)
10:00 AM-12:00 PM	Adult Lap	Main Lap Pool (9)
12:00 PM-2:30 PM	Family Swim	Main Lap Pool (1 lane)
12:00 PM-2:30 PM	Youth Lap	Main Lap Pool (1 lane)
12:00 PM-2:30 PM	Adult Lap	Main Lap Pool (7)
2:30 PM-3:00 PM	Adult Lap	Main Lap Pool (6)
3:00 PM-5:00 PM	Adult Lap <i>Swim Team Lanes 1-7 (More Lanes Open on 1/17)</i>	Main Lap Pool (6)
5:00 PM-9:00 PM	Adult Lap <i>Swim Team Lanes 1-4</i>	Main Lap Pool (2)
9:00 PM-9:45 PM	Youth Lap	Main Lap Pool (1 lane)
9:00 PM-9:45 PM	Adult Lap	Main Lap Pool (8)
FRIDAY	CLASS	LOCATION
5:00 AM-2:30 PM	Aqua Jog	Main Lap Pool (1 lane)
5:00 AM-12:00 PM	Adult Lap	Main Lap Pool (9)
12:00 PM-2:30 PM	Family Swim	Main Lap Pool (1 lane)
12:00 PM-2:30 PM	Youth Lap	Main Lap Pool (1 lane)
12:00 PM-2:30 PM	Adult Lap	Main Lap Pool (7)
2:30 PM-3:00 PM	Adult Lap	Main Lap Pool (4)
3:00 PM-4:00 PM	Adult Lap	Main Lap Pool (2)
4:00 PM-9:45 PM	Family Swim	Main Lap Pool (1 lane)
4:00 PM-9:00 PM	Adult Lap <i>Swim Team Lanes 1-7</i>	Main Lap Pool (3)
9:00 PM-9:45 PM	Adult Lap	Main Lap Pool (8)
SATURDAY	CLASS	LOCATION
6:30 AM-9:00 AM	Aqua Jog	Main Lap Pool (1 lane)
6:30 AM-8:00 AM	Adult Lap	Main Lap Pool (9)
8:00 AM-11:30 AM	Adult Lap <i>Swim team lanes 1-8</i>	Main Lap Pool (1 lane)
11:30 AM-2:00 PM	Adult Lap <i>Swim team lanes 1-7</i>	No Lanes Available
2:00 PM-2:15 PM	Adult Lap <i>Swim team lanes 1-5</i>	Main Lap Pool (10)
2:15 PM-6:45 PM	Youth Lap	Main Lap Pool (1 lane)
2:15 PM-6:30 PM	Family Swim	Main Lap Pool (2)
2:15 PM-6:30 PM	Aqua Jog	Main Lap Pool (1 lane)
2:15 PM-6:30 PM	Adult Lap	Main Lap Pool (6)
SUNDAY	CLASS	LOCATION
9:00 AM-4:00 PM	Aqua Jog	Main Lap Pool (1 lane)
9:00 AM-11:00 AM	Adult Lap	Main Lap Pool (5)
11:00 AM-6:00 PM	Family Swim	Main Lap Pool (2)
11:00 AM-6:00 PM	Youth Lap	Main Lap Pool (1 lane)
11:00 AM-4:00 PM	Adult Lap	Main Lap Pool (6)
4:00 PM-4:30 PM	Adult Lap	Main Lap Pool (7)
4:30 PM-5:45 PM	Adult Lap	Main Lap Pool (2)

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

This is an open time for members to jog on their own.

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.

FAMILY SWIM

Family swim is for families to swim and play together. Noodles and water toys are 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.