



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL 1 SCHEDULE August 2, 2021 through August 28, 2021

Schedule is subject to change. Please check our website (fspymca.org/schedules) or call our Welcome Center at 908-889-8880 for up-to-date information.

YMCA Hours of Operation	MON	TUE	WED	THU	FRI	SAT
	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	7:00am-2:00pm
Lap ONLY Swim (Full Members 14 and older)	6:15am-9:30am (6/0)	6:15am-8:00am (6/0)	6:15am-7:45am (6/0)	6:15am-8:00am (6/0)	6:15am-9:50am (6/0)	7:15am-8:50am (6/0)
	9:30am-9:50am (5/0)	4:00pm-6:30pm (1/0)	7:45am-8:30am (3/0)	4:00pm-6:45pm (1/0)		9:00am-12:30pm (1/0)
	5:30pm-7:30pm (1/0)	6:30pm-8:45pm (6/0)	9:30am-9:50am (5/0)	7:00pm-8:45pm (6/0)		
			5:30pm-7:30pm (1/0)			
			7:45pm-8:45pm (6/0)			
Adults Only Water Walking and Individual Exercise (Full Members 18 and older)	11:35am-12:25pm (6/0)	9:00am-9:50am (3/0)	11:35am-12:25pm (6/0)	9:10am-9:50am (6/0)	11:35am-12:25pm (6/0)	
				11:35am-12:25pm (6/0)		
Family Swim	3:00pm-4:00pm (0/6)		3:00pm-4:00pm (0/6)			12:45pm-1:30pm (0/6)
	4:15pm-5:15pm (0/6)		4:15pm-5:15pm (0/6)			

Numbers in parenthesis indicate lane space available. Lap lanes are always listed first, followed by non-lap lanes. For example: 4/2 would indicate 4 lap lanes and 2-non lap, and 2/0 would indicate 2 lap lanes and 0 open lanes. Lane space subject to change based on bather load and sharing with private swimmers. Various programs run in our pool throughout the day, which account for the lane availability.

POOL GUIDE

Our pool is a safe and fun environment for all. Please respect the following pool structure:

Adults only: Lap lanes and/or non-lap lanes are available to full members 18 years of age or older.

Water Walking and Individual Fitness: Both lap lanes and non-lap lanes available for all full members 18 years of age or older for water walking or continuous lap swim.

Lap: ONLY LAP LANES are available for continuous lap swim for all full members 14 years of age or older.

Family Swim: Free play for full member families in designated lanes. Only noodles and approved flotation devices may be used during family swim. Please register for a Family Swim session through Acuity.

SWIM SAFELY

For the health, safety and enjoyment of our members, we ask that everyone please comply with the following:

- Swimmers must circle swim when 3 or more swimmers are present in one lane.
- Please abide by all lane closure signs.
- Children wearing flotation must have adult supervision in water and within arm's reach.
- Breath-holding activities are strictly prohibited.
- All non-swimmers must remain in the shallow end. All swimming children under the age of 8 must have adult supervision on the pool deck.
- All swimming children ages 8-12 must have adult supervision in the building.
- Pools will close in the event of an electrical storm.

Swimmers wishing to swim in the deep end must pass a swim test. For swimmer safety, the test will be given at the lifeguard's discretion and only when there is more than one lifeguard on duty. Upon successful completion of the swim test, the swimmer will receive a green wrist band to wear while swimming. Swimmers who have not taken the test must remain in the shallow end.

FUN FOR THE FAMILY!

Whether you are learning to swim, participating in a swim class, swimming laps, or spending quality time in the water with your family, the Y is the place for you.

Our two heated pools offer a flexible schedule to meet your needs, with swimming options throughout the week.

Programs such as swim lessons, water exercise, competitive swimming and Lifeguard Training allow participants to learn new skills, develop self-confidence and enjoy physical activity in the water, all supporting healthy living.

For more information, visit fspymca.org. If you have any questions regarding our swim programs, please call Ellen Daudelin at 908-889-8880 or email edaudelin@fspymca.org.



Fanwood-Scotch Plains YMCA
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Scotch Plains, NJ 07076
P 908-889-8880

fspymca.org



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POOL SCHEDULE

Pool 1

August 2, 2021 through
August 28, 2021
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YMCA

