



OLD BRIDGE SWIM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 LANES LAP/EXERCISE 6:00 AM - 6:45 AM 7:00 AM - 7:45 AM 9:00 AM - 9:45 AM 10:00 AM - 10:45 AM	8 LANES LAP/EXERCISE 6:00 AM - 6:45 AM 7:00 AM - 7:45 AM 9:00 AM - 9:45 AM 10:00 AM - 10:45 AM	8 LANES LAP/EXERCISE 6:00 AM - 6:45 AM 7:00 AM - 7:45 AM 8:00 AM - 8:45 AM 9:00 AM - 9:45 AM 10:00 AM - 10:45 AM	8 LANES LAP/EXERCISE 6:00 AM - 6:45 AM 7:00 AM - 7:45 AM 9:00 AM - 9:45 AM 10:00 AM - 10:45 AM	8 LANES LAP/EXERCISE 6:00 AM - 6:45 AM 7:00 AM - 7:45 AM 9:00 AM - 9:45 AM 10:00 AM - 10:45 AM	7 LANES LAP/EXERCISE 8:00 AM - 8:45 AM 9:00 AM - 9:45 AM 10:00 AM - 10:45 AM 11:00 AM - 11:45 AM
AQUA ZUMA CLASS w/ Danit 8:00 AM - 8:45 AM	7 LANES LAP/EXERCISE 4:00 PM - 4:45 PM	7 LANES LAP/EXERCISE 4:00 PM - 4:45 PM	7 LANES LAP/EXERCISE 4:00 PM - 4:45 PM	4 LANES LAP/EXERCISE 8:00 AM - 8:45 AM	1 LANE FAMILY SWIM 8:00 AM - 8:45 AM
4 LANES LAP/EXERCISE 8:00 AM - 8:45 AM	1 LANE FAMILY SWIM 4:00 PM - 4:45 PM 5:00 PM - 6:45 PM	1 LANE FAMILY SWIM 4:00 PM - 4:45 PM 5:00 PM - 6:45 PM	1 LANE FAMILY SWIM 4:00 PM - 4:45 PM 5:00 PM - 6:45 PM	JOINTS IN MOTION CLASS w/Chris W 8:00 AM - 8:45 AM	1 LANE FAMILY SWIM 9:00 AM - 9:45 AM
7 LANES LAP/EXERCISE 4:00 PM - 4:45 PM	1 LANE LAP/EXERCISE 5:00 PM - 5:45 PM 6:00 PM - 6:45 PM	1 LANE LAP/EXERCISE 5:00 PM - 5:45 PM 6:00 PM - 6:45 PM	1 LANE LAP/EXERCISE 5:00 PM - 5:45 PM 6:00 PM - 6:45 PM	7 LANES LAP/EXERCISE 4:00 PM - 4:45 PM	1 LANE FAMILY SWIM 10:00 AM - 10:45 AM 11:00 AM - 11:45 AM
1 LANE FAMILY SWIM 4:00 PM - 4:45 PM 5:00 PM - 6:45 PM				3 LANES LAP/EXERCISE 5:00 PM - 5:45 PM 6:00 PM - 6:45 PM	
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MASKS ARE REQUIRED AT ALL TIMES WHEN NOT IN THE POOL.

Family Swim Details:

- > Only 1 from the membership needs to register, but all attending must be on same family membership (limit of 4 total participants).
- > All participants must be in the water. Masks must be worn entering and leaving facility.
- > Children under 14 must be swim tested. Those requiring personal floatation devices must bring your own coast guard approved equipment.
- > If no families are registered for the lane, it will be filled by an individual swimmer on the waiting list an hour before swim time.

Our primary focus is the health and safety of our members. To ensure the best possible experience for all and conform to state and local guidelines the following policies are in place:

- > All swimmers must be active members and have an up to date waiver on file. [Click here](#) to e-sign the waiver prior to your visit.
- > Swimming will be limited to 1 swimmer per lane.
- > Swimming will be scheduled in 45-minute blocks. Participants will check in at the top of the hour and swim time will end at 45-minutes past the hour, regardless of when the swimmer entered the pool to allow time for staff to clean and sanitize before the next shift.
- > Swimmers must reserve a lane using our mobile app or website. [Click here](#) to view reservation instructions.
- > Swimmers must provide their own equipment, i.e., kickboards, pull buoys, noodles or flotation belts. The Y will not be able to provide any of these items.
- > Post-swim showers and changing space will be available.
- > The restroom located in the Family Changing Room will be available for use of the bathroom only, one person at a time.
- > Members are asked to wear face covering except while in the pool.
- > Follow signs and deck markings to the shallow end of the pool when entering and to exit through the pedestrian gate located between the main building and swim club. Use sanitizing spray bottles provided in locker rooms on all surfaces touched.
- > Up to 4 family members may share one lane during family swim. Must bring your own equipment.
- > Aqua fitness classes are reservation only with a max limit of 12 people. Must bring your own equipment.

MEMBER CHECK IN

- > Members will check in one at a time through the side emergency door into the pool area. Members must wear a face covering and practice social distancing at all times when not swimming.
- > All members will undergo a wellness check at the entrance. Wellness check will include a Covid-19 symptom survey and a touchless temperature scan. Anyone experiencing any Covid-19 symptoms or a temperature above 100.4° F will not be allowed to enter the facility.
- > Members will check into the facility using their Y scan card or mobile app.



Welcome Back to the Y!