



# OLD BRIDGE FAMILY YMCA POOL SCHEDULE FALL I: September 4-December 31, 2023

\*Schedule subject to change without notice\*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LAP SWIM</b>	5:00am-8:00am (8) 8:00am-11:00am (4) 11:00am-2:30pm (6) 2:30pm-4:00pm (3) 4:00pm-7:00pm (0) 7:00pm-8:45 pm (4)	5:00am-8:00am (8) 8:00am-11 am (5) 11:00am-2:30pm (6) 2:30pm- 4:00pm (2) 4:00pm-7:00pm (0) 7:00pm-8:45pm (5)	5:00am-8:00am (8) 8:00am-11 am (4) 11:00am-2:30pm (6) 2:30pm- 4:00pm (3) 4:00pm-7:00pm (0) 7:00pm-8:45pm (4)	5:00am-8:00am (8) 8:00am-10 am (5) 11:00am-2:30pm (6) 2:30pm- 4:00pm (3) 4:00pm-7:00pm (0) 7:00pm-8:45pm (5)	5:00am-8:00am (8) 8:00am-10:00am(4) 10:00am-4:00pm (6) 4:00pm-6:00pm (3) 6:00-8:00pm (0) 8:00-8:45pm (6)	7am-7:45am (6) 7:45-8:30am (4) 8:30-12:00pm (1) 12:00pm-4:45pm (6)	<b>Adult Swim (18+Only) 7:00am-4:45pm (2) 7:00am-4:45pm (4)</b>
<b>OPEN SWIM</b>	11:00am-4:45pm (2) 7:00pm-8:45pm (2)	11:00am-4:45pm (2) 7:00pm-8:45pm (2)	11:00am-4:45pm (2) 7:00pm-8:45pm (2)	11:00am-4:45pm (2) 7:00pm-8:45pm (2)	11:00am-8:45pm (2)	7:00am- 4:45pm (1)	7:00am-4:45pm (2)
<b>AQUA FITNESS</b>	8:00am-9:00am (4) 9:00am-10:00am (4) 10:00am-11:00am (4)	8:00am-9:00am (3)	8:00am-9:00am (4) 9:00am-10:00am (4)	8:00am-9:00am (3) 10:00am-11:00am (3)	8:00am-9:00am (4) 9:00am-10:00am (4)		
<b>SWIM LESSONS</b>	3:30pm-7:00pm (3)	3:30pm-7:00pm (4)	3:30pm-7:00pm (3)	3:30pm-7:00pm (3)		8:30am-12:00pm (6)	
<b>SWIM TEAM</b>	4:45pm-8:00PM (4)	4:45pm-8:15PM (3)	4:45-8:15PM (4)	4:45-7:45PM (3)	5:45-8:00PM (6)		

**OLD BRIDGE FAMILY YMCA  
YMCA OF GREATER MONMOUTH COUNTY**

1 Mannino Park Drive  
Old Bridge, NJ 08857

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info@ymcanj.org

YMCA NJ.org



**Here for all.**

Financial assistance is offered  
based on availability of funds.



## Old Bridge Family YMCA LAP LANE AVAILABILITY

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>	
5am	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>			
6am								
7am								<b>6</b>
8am						<b>4</b>		
9am	<b>4</b>	<b>5</b>	<b>4</b>	<b>5</b>	<b>4</b>	<b>1</b>		
10am								
11am								<b>4</b>
12pm	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>			
1pm						<b>6</b>		
2pm								
3pm	<b>3</b>	<b>2</b>	<b>3</b>	<b>3</b>				
4pm					<b>3</b>			
5pm		<b>1</b>		<b>1</b>				
6pm								
7pm				<b>5</b>				
8pm	<b>4</b>	<b>5</b>	<b>4</b>					
9pm					<b>6</b>			

- > When there are 1 or 2 lap swimmers in a lane, they may elect to split the lane in half.
- > The entrance of a third person changes the lane to 'circle' swimming format.
- > Schedules subjected to without notice.