



OLD BRIDGE FAMILY YMCA POOL SCHEDULE WINTER: January 1–January 31, 2024

(#) LANES AVAILABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM	5:00am–8:00am (8) 8:00am–11:00am (4) 11:00am–2:30pm (6) 2:30pm–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 (0) 4:00pm–7:00pm (1) 7:00pm–8:45pm (5)	5:00am–8:00am (8) 8:00am–11 am (4) 11:00am–2:30pm (6) 2:30pm– 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 (0) 4:00pm–7:00pm (1) 7:00pm–8:45pm (5)	5:00am–8:00am (8) 8:00am–10:00am(4) 10:00am–2:30pm (6) 2:30–4pm (0) 4:00pm–6:00pm (3) 6:00–8:00pm (0) 8:00–8:45pm (6)	7am–8:00am (2) 8:00–12:00pm (0) 12:00pm–4:45pm (6)	Adult Swim (18+Only) 7:00am–4:45pm (2) 7:00am–4:45pm (4)
OPEN SWIM	11:00am–4:00pm (2) 7:00pm–8:45pm (2)	11:00am–4:00pm (2) 7:00pm–8:45pm (2)	11:00am–4:00pm (2) 7:00pm–8:45pm (2)	11:00am–4:00pm (2) 7:00pm–8:45pm (2)	11:00am–8:45pm (2)	7:00am– 8:00am (2) 12:00pm04:45 (2)	7:00am–4:45pm (2)
AQUA FITNESS	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)		
SWIM LESSONS	3:30pm–7:00pm (3)	3:30pm–7:00pm (4)	3:30pm–7:00pm (4)	3:30pm–7:00pm (4)		8:00am–12:00pm (8)	
SWIM TEAM	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)		

*Schedule subject to change. Please check our mobile app for live updates. *



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	8	8	8	8	8			
6am								
7am						6	4	
8am					4	4		
9am		5			4	1		
10am	4		4	5				
11am						6		
12pm	6	6	6	6	6			
1pm						6		
2pm								
3pm	3	2	3	3				
4pm					3			
5pm		1		1				
6pm								
7pm								
8pm	4	5	4	5				
9pm					6			

- > 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.