

## RED BANK FAMILY YMCA POOL SCHEDULE Spring 2: April 22, 2024 - June 16, 2024

|                    | MONDAY   | TUESDAY             | WEDNESDAY          | THURSDAY            | FRIDAY                      | SATURDAY            | SUNDAY             |
|--------------------|--|---------------------|--------------------|---------------------|-----------------------------|---------------------|--------------------|
|                    | 5:00am-8:00am (6)  | 5:00am-9:00am (6)   | 5:00am-9:00am (6)  | 5:00am-8:00am (6)   | 5:00am-9:00am (6)           | 6:00am-7:00am (6)   | 6:00am-8:00am (6)  |
|                    | 8:00am-9:00am (5)  | 9:00am-10:00am (3)  | 8:00am-9:00am (5)  | 8:00am-9:00am (5)   | 9:00am-10:00am (3)          | 7:00am-8:30am (2)   | 8:00am- 4:45pm (5) |
|                    | 9:00am-11:00am (3)   | 10:00am-10:45am (5) | 9:00am-11:00am (3) | 9:00am-10:00am (3)  | 10:00am-2:30pm (6)          | 8:30am-9:00am(6)    |                    |
| LAP SWIM           | 11:00am-2:30pm (6)   | 10:45am-11:30am (4) | 11:00am-2:30pm (6) | 10:00am-10:45am (5) | 2:30pm-4:00pm (5)           | 9:00am-10:30am (1)  |                    |
| BODMAN             | 2:30pm-4:00pm (5)  | 11:30am-2:30pm (6)  | 2:30pm-4:00pm (5)  | 10:45am-11:00am (1) |                             | 11:00am-12:00pm (3) |                    |
|                    | 4:00pm-5:00pm (1)  | 2:30pm-4:00pm (5)   | 6:30-7:30pm (1)    | 11:00pm-2:30pm (6)  |                             | 12:00pm-1:00pm (3)  |                    |
| 1                  |  | 4:00pm-5:00pm (1)   |                    | 2:30pm-4:00pm (5)   |                             |                     |                    |
| OPEN               | 8:00am-9:00am  | 8:00am-9:00am       | 8:00am-9:00am      | 8:00am-9:00am       | 8:00am-10:00am              | 8:00am-9:00am       | 8:00am-4:45pm      |
|                    | 11:30am-4:00pm   | 12:00pm-4:00pm      | 11:30am-4:00pm     | 12:00pm-4:00pm      | 11:00am-4:00pm              | 12:15pm-4:45pm      |                    |
| SWIM               | 4:00pm-5:45 (1/2<br>pool)  | 6:30pm-8:45pm       | 6:15pm-8:45pm      | 7:15 pm to 8:45pm   | 4:00pm-6:15pm<br>(1/2 pool) |                     |                    |
| HUBER              | 6:30pm -8:45pm   |                     |                    |                     | 6:15pm-8:45pm               |                     |                    |
|                    | 9:00am-10:00am (B)   | 9:00am-10:00am (B)  | 9:00am-10:00am (B) | 9:00am-10:00am (B)  | 9:00am-10:00am(B)           | 9:00am-10:00am (B)  |                    |
| AQUA               | 10:00am-11:00am(B)   | 11:00am-12:00pm (H) | 10:00am-11:00am(B) | 11:00am-12:00pm (H) | 10:00am-11:00am (H)         | 10:00am-11:00am (B) |                    |
| FITNESS            | 6:30pm-7:30pm (H)  | 6:15pm-7:15pm (H)   |                    | 6:15pm-7:15pm (H)   |                             |                     |                    |
|                    | 9:00am-11:30am (H)   | 9:00am-10:40am (H)  | 9:00am-11:30am (H) | 9:00am-10:40am (H)  | 4:00pm-5:45pm (H)           | 9:00am-12:15pm (H)  |                    |
| SWIM               | 4:00pm-6:30pm (B)  | 10:45am-11:30am (B) | 4:00pm-7:30pm (B)  | 10:45am-11:30am (B) |                             | 9:00am-1:00pm (B)   |                    |
| LESSONS            | 4:00pm-6:30pm (H)  | 4:00pm-6:15pm (B)   | 5:15pm -6:30pm (H) | 4:00pm-7:00pm (B)   |                             |                     |                    |
|                    |  | 4:00pm-6:15pm (H)   |                    | 4:00pm-6:15pm (H)   |                             |                     |                    |
| MASTERS<br>SWIM    |  |                     |                    | 7:00pm-8:30pm (B)   |                             | 7:00am-8:30am (B)   |                    |
| PRIVATE<br>LESSONS | For inquiries, please contact Aquatics Director, Amanda Zschack, azschack@ymcanj.org |                     |                    |                     |                             |                     |                    |
| SWIM<br>TEAM       | 4:00pm-8:45pm (B)  | 4:00pm-8:45pm (B)   | 4:00pm-9:15pm (B)  | 4:00pm-8:45pm (B)   | 4:00pm-8:45pm (B)           | 1:00pm-4:45pm (B)   |                    |

<sup>\*</sup>Schedules are subject to change. Please visit the website or mobile app for live updates. \*