



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ATTENTION YMCA MEMBERS!

POOL RULES EFFECTIVE 10/30/23

- Check in for Lap swim usage on deck is required.
- First come first serve until further notice.
- 1 visit per day.
- Slots may vary per hour.
- Lap swimmers will be allotted, 50 minutes per swim (Please see paper/website schedule).
- SHARING lanes may be required.
- Lane pairings may be assigned at the discretion of the Aquatics Department.
- While sharing lane usage to ensure no injuries occur, please notify the current swimmer that you are entering the lane with them.
- Swim caps for shoulder length hair OR longer is required.
- Shower shoes while entering the deck are required.
- Please rinse off before entering the pool.
- Please empty pockets for any miscellaneous items.
- NO GLASS ON DECK.

***Family Swim may sign up online or over the phone 3 days in advance for the weekends. ***

If you have any questions or concerns about the following changes, please email Joelle Nessine the Aquatics Director. jnessine@meadowlandsymca.org

Meadowlands Area YMCA

390 Murray Hill Parkway, East Rutherford NJ 07073

P: (201) 955-5300 F: (201) 955-2055 www.YMCAinfo.org

	MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						SATURDAY						SUNDAY																	
Lanes->	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6												
5:05AM																																																						
5:30-6:00																																																						
6:00-6:30	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim																													
6:30-7:00																																																						
7:00-7:30																															Lap Swim																							
7:30-8:00																																																						
8:00-8:30							Aquacize						Aquacize						Aquacize						Aquacize						Lessons						Lessons																	
8:30-9:00																																																						
9:00-9:30	US NAVY												US NAVY						Mara												Lessons						Lessons																	
9:30-10:00																																																						
10:00-10:30																																																						
10:30-11:00																																																						
11:00-11:30																																																						
11:30-12:00																																																						
12:00-12:30	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim																	
12:30-1:00																																																						
1:00-1:30																																					Birthday Parties						Birthday Parties											
1:30-2:00																																																						
2:00-2:30																															Lap Swim						Family swim						Family Swim											
2:30-3:00																																																						
3:00-3:30	Becton						Becton						Becton						Becton						Becton						Becton						Special Olympics																	
3:30-4:00																																																						
4:00-4:30																																																						
4:30-5:00	MDY SHARKS						Lessons						MDY SHARKS						Lessons						MDY SHARKS						Lessons						MDY SHARKS						Family Swim											
5:00-5:30																																																						
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6:30-7:00	MDY SHARKS						MDY SHARKS						MDY SHARKS						MDY SHARKS						MDY SHARKS						MDY SHARKS																							
7:00-7:30																																																						
7:30-8:00	Lap swim						Lap swim						Aqua Zumba						Lap swim						Lap swim						Lap swim																							
8:00-8:40																																																						
8:30-9:00																																																						
Lanes->	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6												

Schedule subject to change

Grey Areas are Adult Lap Swim

For teens and adult members, 16 yrs and older, who are continuously swimming laps.

Youth Lane: For teens, 13 years and older who are continuously swimming laps.

Family Swim - Participants must sign up through the Front desk OR Website. Children 10 yrs and younger and non-swimmers wearing life vests must have an adult, 18 yrs or older, in the water within arm's reach at all times. Children 9-12 years old must be accompanied by an adult in the pool area (viewing deck). Anyone 17 and younger will be swim tested in order to enter the deep end. ***Please do not double book***

*Please review pool rules posted on deck *