



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](mailto: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](http://www.YMCAinfo.org)

# Pool Schedule (Summer 2024)

| Lanes->     | MONDAY   |   |   |   |   |   | TUESDAY  |   |   |      |   |   | WEDNESDAY   |   |   |          |   |   | THURSDAY    |   |   |   |   |   | FRIDAY      |   |   |          |   |   | SATURDAY |   |   |   |   |   | SUNDAY      |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
|-------------|----------|---|---|---|---|---|----------|---|---|------|---|---|-------------|---|---|----------|---|---|-------------|---|---|---|---|---|-------------|---|---|----------|---|---|----------|---|---|---|---|---|-------------|---|---|-----------|---|---|-------------|--|--|-----------|--|--|--|--|--|--|--|--|
|             | 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 |             |  |  |           |  |  |  |  |  |  |  |  |
| 5:00-5:30   | Lap Swim |   |   |   |   |   | Lap Swim |   |   |      |   |   | SR & JR3    |   |   | Lap Swim |   |   | Lap Swim    |   |   |   |   |   | SR & JR3    |   |   | Lap Swim |   |   | Lap Swim |   |   |   |   |   | 5:00-5:30   |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 5:30-6:00   |          |   |   |   |   |   |          |   |   |      |   |   | JR 1 & JR 2 |   |   |          |   |   |             |   |   |   |   |   | JR 1 & JR 2 |   |   |          |   |   |          |   |   |   |   |   | Novice      |   |   | 5:30-6:00 |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 6:00-6:30   |          |   |   |   |   |   |          |   |   |      |   |   | Aquacize    |   |   |          |   |   |             |   |   |   |   |   | Aquacize    |   |   |          |   |   |          |   |   |   |   |   | 5:00-5:30   |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 6:30-7:00   |          |   |   |   |   |   |          |   |   |      |   |   | Navy        |   |   |          |   |   |             |   |   |   |   |   | Closed      |   |   |          |   |   |          |   |   |   |   |   | Circle Swim |   |   | Closed    |   |   | Circle Swim |  |  | 5:30-6:00 |  |  |  |  |  |  |  |  |
| 7:00-7:30   |          |   |   |   |   |   |          |   |   |      |   |   | Lap Swim    |   |   |          |   |   |             |   |   |   |   |   | Closed      |   |   |          |   |   |          |   |   |   |   |   | Camp        |   |   | Closed    |   |   | Camp        |  |  | 6:00-6:30 |  |  |  |  |  |  |  |  |
| 7:30-8:00   | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 6:30-7:00   |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 8:00-8:30   | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 7:00-7:30   |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 8:30-9:00   | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 7:30-8:00   |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 9:00-9:30   | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 8:00-8:30   |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 9:30-10:00  | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 8:30-9:00   |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 10:00-10:30 | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 9:00-9:30   |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 10:30-11:00 | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 9:30-10:00  |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 11:00-11:30 | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 10:00-10:30 |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 11:30-12:00 | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 10:30-11:00 |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 12:00-12:30 | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 11:00-11:30 |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 12:30-1:00  | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 11:30-12:00 |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 1:00-1:30   | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 12:00-12:30 |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 1:30-2:00   | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 12:30-1:00  |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 2:00-2:30   | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 1:00-1:30   |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 2:30-3:00   | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 1:30-2:00   |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 3:00-3:30   | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 2:00-2:30   |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 3:30-4:00   | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 2:30-3:00   |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 4:00-4:30   | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 3:00-3:30   |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 4:30-5:00   | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 3:30-4:00   |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 5:00-5:30   | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 4:00-4:30   |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 5:30-6:00   | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 4:30-5:00   |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 6:00-6:30   | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 5:00-5:30   |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 6:30-7:00   | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 5:30-6:00   |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 7:00-7:30   | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 6:00-6:30   |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 7:30-8:00   | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 6:30-7:00   |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 8:00-8:30   | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 7:00-7:30   |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 8:30-9:00   | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 7:30-8:00   |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
| 9:00-9:30pm | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 8:00-8:30   |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
|             | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 8:30-9:00   |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |
|             | Lap Swim |   |   |   |   |   | Closed   |   |   | Swim |   |   | Closed      |   |   | Swim     |   |   | 9:00-9:30pm |   |   |   |   |   |             |   |   |          |   |   |          |   |   |   |   |   |             |   |   |           |   |   |             |  |  |           |  |  |  |  |  |  |  |  |

\*June 24 - Aug 23rd\* (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 Meadowlands YMCA APP. 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\***

**Must register for Family swim & other youth programs via the APP\***

Swim Team Morning Practice :July 10th, 17th, 12th, 19th & 26th

**Pool CLOSED 4-9PM SPECIFIC DATES: June 28th . July 12.19 & 26th**