



# PRINCETON FAMILY YMCA

# POOL SCHEDULE

## ADULT SWIM (16+ yrs.)

MONDAYS & WEDNESDAYS	# LANES OPEN
5:30am-9:30am	4
9:30am-10:30am	1
10:30am-11:30am	2
11:30am-1:30pm	4
1:30pm-2:30pm	2
2:30pm-3:30pm	4
9:00pm-10:15pm	4

TUESDAYS & THURSDAYS	# LANES OPEN
5:30am-8:30am	4
8:30am-10:30am	1
10:30am-11:30am	2
11:30am-1:30pm	4
1:30pm-2:30pm	1
3:00pm-3:30pm	2
7:30pm-9:00pm	1
9:00pm-10:15pm	4

FRIDAYS	# LANES OPEN
5:30am-9:30am	4
9:30am-11:30am	1
11:30am-1:30pm	4
1:30pm-2:30pm	2
2:30pm-3:00pm	4
3:00pm-4:00pm	3
8:00pm-9:00pm	1
9:00pm-10:15pm	4

SATURDAYS	# LANES OPEN
7:00am-7:30am	4
7:30am-9:00am	3
7:00pm-7:45pm	4

SUNDAYS	# LANES OPEN
9:00am-10:25am	4
10:25am-11:00am	3
6:30pm-7:45pm	3

## OPEN LAP (12+ yrs.)

MONDAYS & WEDNESDAYS	# LANES OPEN
3:30pm-6:45pm	1

TUESDAYS & THURSDAYS	# LANES OPEN
3:30pm-7:30pm	1

FRIDAYS	# LANES OPEN
3:30pm-6:15pm	1

SATURDAYS	# LANES OPEN
12:45pm-4:00pm	2
5:00pm-7:00pm	3

SUNDAYS	# LANES OPEN
1:45pm-5:30pm	2

\*12-14yrs. Must pass swim test and have guardian on pool deck\*



## OPEN SWIM

MONDAYS & WEDNESDAYS	# LANES OPEN
6:45pm-8:00pm	1

FRIDAYS	# LANES OPEN
6:15pm-8:00pm	1

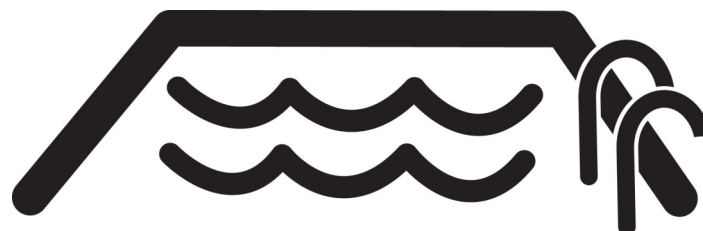
\*Open to lap swimmers and families. Please be mindful of other swimmers in the lane\*

## FAMILY SWIM (all ages)

TUESDAYS & THURSDAYS	# LANES OPEN
6:15pm-7:30pm	1

SATURDAYS	# LANES OPEN
12:45pm-3:00pm	2
5:00pm-7:00pm	1

SUNDAYS	# LANES OPEN
1:45pm-5:30pm	2



## ADAPTIVE OPEN SWIM

SATURDAYS	# LANES OPEN
4:00pm-5:00pm	4

SUNDAYS	# LANES OPEN
5:30pm-6:30pm	4

ADAPTIVE OPEN SWIM: ONLY open to adaptive/special needs swimmers and their families. No other swimmers are allowed during this time.

