



# ROCKLAND COUNTY YMCA

## 2018 POOL SCHEDULE

\*\*special schedules will apply during school breaks and summer programs  
please check with front desk or Facebook or our website

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5: 15- 9:25 Adult Lap Swim	5:15- 9:25 Adult Lap Swim	5:15- 9:25 Adult Lap Swim	5:15- 9:25 Adult Lap Swim	5:15- 9:25 Adult Lap Swim	6- 9:55 Adult Lap Swim	7- 9:25 Adult Lap Swim
9:30-10:15 Aqua Zumba	9:30-10:15 Aqua Aerobics	9:30-10:15 Aqua Aerobics	9:30-10:15 Aqua Aerobics	9:30-10:15 Aqua Aerobics	10-11:30 <b>Group Lessons</b>	10-11 <b>Group Lessons</b>
10:15-11 Aqua Aerobics	10:15-11 Aqua Bootcamp	10:15-11 Aqua Aerobics	10:15-11 Aqua Bootcamp	10:15-11 Aqua Aerobics		
11-11:30 <b>Group Lessons</b> Swim Starters A	11-3:30 Adult Lap/Aqua Jog	11-3:30 Adult Lap/Aqua Jog	11-3:30 Adult Lap/Aqua Jog	11-3:30 Adult Lap/Aqua Jog	10-10:30 -Swim Starters A 10:30-11-Swim Starters B	10-10:30-Swim Starters A 10:30-11-Swim Starters B
11:30-3:30 Adult Lap/Aqua Jog	3:30-4 Private lessons	3:30-4 Private Lessons	3:30-4 Private Lessons	3:30-4 Private Lessons	11-11:30-Swim Starters A	11-11:30 Adapted Privates
3:30-4 Private Lessons	4:00-7:30 <b>Group Lessons</b> 4:00-4:30- Preschool Stages 4,5 4:30-5-Preschool Stages 1,2,3 5-5:45 -Swim Club Group 1 (8- 12yrs.) 5:45-6:45 -Swim Club Group 2 (13-16 yrs.) 6:45-7:30 -Adult /Teen Beginner	4:00-6:45 <b>Group Lessons</b> 4-4:30-Preschool Stages 1,2,3 4:30-5:15-School Age Stages 1,2,3 5:15-6 School Age Stages 4,5 6-6:45 -School Age Stage 6	4-5 Nyack Center <b>Swim Lessons</b>	4:00-6:00 <b>Group Lessons</b> 4-4:30 - Pre- school-Stages 1,2,3 4:30-5:15 - School Age - Stages 1,2,3 5:15-6- School Age Stages 4,5	12-3:45 <b>Group Lessons</b> 12-12:30-Pre- school Stages 1,2,3 12:30-1:15- School Age- Stages 1,2,3 1:15-2:00- School Age- Stages 4,5 2:30-3- Adapted Swim Group 3-3:45-Adult /Teen Beginner	11:30-12- Preschool Stages 1,2,3 12-12:45-School Age Stages 1,2,3 12:45-1:30- School Age- Stages 4,5 1:30-2:15-School Age-Stage 6 2:15-3-Adult Teen intermediate
4:00-7:30 <b>Group Lessons</b> 4-4:30-Preschool - Stages 1,2,3 4:30-5:15-School Age-Stages 1,2,3 5:15-6-School Age Stages 4,5 6-6:45 -School Age Stage 6 6:45-7:30- Adult Masters			5:00-7:30 <b>Group Lessons</b> 5-5:45 - Swim Club Group 1 (8-12yrs.) 5:45-6:45- Swim Club Group 2 (13-16 yrs.) 6:45-7:30 - Adult Masters			
		6:45-7:45 Family Swim Time		6-7:50 Family Swim Time	3:45-4:45 Family Swim Time	3:00-5:00 Family Swim Time
7:30-9:50 Adult Lap Swim	7:30-9:50 Adult Lap Swim	7:45-9:50 Adult Lap Swim	7:30-9:50 Adult Lap Swim	7:50-9:50 Adult Lap Swim	4:45-5:50 Adult Lap Swim	5-6:50 Adult Lap Swim