



ROCKLAND COUNTY YMCA 2019 POOL SCHEDULE: July-August

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
5:15 _A -9:25 _A Adult Lap Swim	5:15 _A -9:25 _A Adult Lap Swim	5:15 _A -9:25 _A Adult Lap Swim	5:15 _A -9:25 _A Adult Lap Swim	5:15 _A -6:25 _A Adult Lap Swim	6:00 _A -9:55 _A Adult Lap Swim	7:00 _A -9:55 _A Adult Lap Swim		
				6:30 _A -7:15 _A Adult Masters			10:00 _A -11:00 _A Group Lessons	10:00 _A -11:40 _A Group Lessons
				7:15 _A -9:25 _A Adult Lap Swim			10:00 _A -10:30 _A Swim Starters A/B	10:00 _A -10:30 _A Swim Starters A/B
9:30 _A -10:25 Aqua Zumba	9:30 _A -10:25 Aqua Aerobics	9:30 _A -10:25 Aqua Aerobics	9:30 _A -10:25 Aqua Aerobics	9:30 _A -10:25 Aqua Aerobics	10:35 _A -11:05 _A Preschool 1&2 (ages 3-5)	10:35 _A -11:05 _A Preschool 1&2 (ages 3-5)		
10:15 _A -11 _A Summer Camp	10:30 _A -11:30 Summer Camp	10:30 _A -11:30 Summer Camp	10:30 _A -11:30 Summer Camp	10:30 _A -11:30 Summer Camp	11:10 _A -12:10 _P Private Lessons	11:10 _A -11:40 _A Adapted Group Lessons		
11:05 _A -11:35 _A Swim Starters	11:35 _A -12:15 _P Senior Swim	11:30 _A -2:25 _P Adult Lap/ Aqua Jog	11:30 _A -12 _P Senior Swim	11:30 _A -2:25 _P Adult Lap/ Aqua Jog		11:40 _A -12:10 _P Adapted Private Lessons		
11:40 _A -2:25 _P Adult Lap/Aqua Jog	12:15 _P -2:25 _P Adult Lap/ Aqua Jog		12 _P -2:25 _P Adult Lap / Aqua Jog					
2:30 _P -3:30 _P Summer Camp	2:30 _P -3:30 _P Summer Camp	2:30 _P -3:30 _P Summer Camp	2:30 _P -3:30 _P Summer Camp	2:30 _P -3:30 _P Summer Camp	12:10 _P -3:45 _P Group Lessons	12:10 _P -3:45 _P Group Lessons		
3:30 _P -7:30 _P Lessons	3:30 _P -7:00 _P Lessons	3:30 _P -7:00 _P Lessons	3:30 _P -4:00 _P Lessons	3:30 _P -7:00 _P Lessons	12:10 _P -12:40 _P Preschool 1&2 (ages 3-5)	12:10 _P -12:40 _P Preschool 3&4 (ages 3-5)		
4:00 _P -4:30 _P Preschool 1&2 (ages 3-5)	4:00 _P -4:30 _P Preschool 1&2 (ages 3-5)	4:00 _P -4:45 _P School Age 3&4 (ages 6-12)	4:00 _P -7:45 _P Group Lessons	4:00 _P -4:30 _P Preschool 1&2 (ages 3-5)	12:45 _P -1:15 _P Preschool 3&4 (ages 3-5)	12:45 _P -1:30 _P School Age 3&4 (ages 6-12)		
4:30 _P -5:15 _P School Age 1&2 (ages 6-12)	4:30 _P -5:15 _P School Age 1&2 (ages 6-12)	4:45 _P -5:30 _P School Age 5&6 (ages 6-12)	5:15 _P -6:00 _P Swim Club 1 (ages 8-12)	4:30 _P -5:15 _P School Age 1&2 (ages 6-12)	1:20 _P -2:05 _P School Age 1&2 (ages 6-12)	1:35 _P -2:20 _P School Age 1&2 (ages 6-12)		
5:15 _P -6:00 _P School Age 3&4 (ages 6-12)	5:15 _P -7:00 _P Private Lessons	5:30 _P -6:15 _P Adult Beginner (ages 13+)	6:00 _P -7:00 _P Swim Club 2 (ages 13-16)	5:15 _P -6:00 _P School Age 3&4 (ages 6-12)	2:10 _P -2:55 _P School Age 1&2 (ages 6-12)	2:25 _P -2:55 _P Preschool 1&2 (ages 3-5)		
6:00 _P -6:45 _P School Age 5&6 (ages 6-12)		6:15 _P -7:00 _P Adult Intermediate (ages 13+)	7:00 _P -7:45 _P Adult Masters	6:00 _P -6:30 _P Private Lessons	3:00 _P -3:45 _P Adult Beginner (ages 13+)	3:00 _P -3:45 _P School Age 5&6 (ages 6-12)		
6:45 _P -7:30 _P Adult Masters								
7:30 _P -9:50 _P Adult Lap Swim	7:00 _P -9:50 _P Adult Lap Swim	7:00 _P -8:00 _P Family Swim	7:45 _P -9:50 _P Adult Lap Swim	6:30 _P -7:45 _P Family Swim	3:45 _P -4:45 _P Family Swim	3:45 _P -5:15 _P Family Swim		
		8:00 _P -9:50 _P Adult Lap Swim		7:45 _P -9:50 _P Adult Lap Swim	4:45 _P -5:50 _P Adult/Teen Lap Swim	5:15 _P -6:50 _P Adult/Teen Lap Swim		

Aquatics Department:

Jessica Keavney- Aquatics Director- (845) 643-3052
Brett Ilie- Assistant Aquatics Director- (845) 643-3057



ROCKLAND COUNTY YMCA

2019 POOL SCHEDULE - JANUARY-JUNE

*alternative schedule will apply during school breaks and holidays

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Brett Ilie-Assistant Director-(845) 643-3057

ADAPTED GROUP LESSONS - A group lesson for youth ages (3-12) with developmental special needs.

ADULT LAP SWIM- Lap swim is for members, age 16 years or older able to swim at a stage 5(fully independent).

ADULT LAP/AQUA JOG -This is a non-instructional open lap swim for adults of all levels. It is recommended for individuals who know how to swim independently and are at least 16 years old

AQUA ZUMBA – low-impact, high-energy aquatic exercise

AQUA AEROBICS-aerobic exercise in fairly shallow water, mostly vertically and without swimming it is a type of resistance training.

AQUA BOOTCAMP -A combination of cardio and resistance workouts using resistance bands and kickboards.

SWIM CLUB- Swimming for kids who know all the strokes but do not necessarily have the time commitment or desire to be on a swim team. Scheduled workouts in the pool with the coach. THESE ARE NOT SWIM LESSONS. Divided into two groups: (Group 1: 8-12yrs.) (Group 2: 12-16 yrs.) **Must be evaluated in order to join**

FAMILY SWIM TIME - Enjoy time together in the pool during Family Swim! It's a great way to have fun, spend time together, improve confidence and reinforce skills learned in swim lessons. We provide tubes, kickboards and other recreational activities.

GROUP SWIM LESSONS-We teach the nationally recognized Y Progressive Swim Program. We have a staff of certified guards and instructors who are experienced in teaching and we offer youth and Adult/Teen classes, we can teach you to swim whatever your age or ability!

PRIVATE/SEMI PRIVATE SWIM LESSONS-A great way to get the individualized attention needed.

ADAPTED PRIVATE LESSONS: Private one-on-one instruction for people, any age, with intellectual/developmental disabilities.

ADULT MASTERS Advanced swimming and workouts for adults (18+) looking to improve their strokes.