



# ROCKLAND COUNTY YMCA

## 2019 POOL SCHEDULE: September-December

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

\* alternative schedule will apply during school breaks and holidays\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
5:15A-9:25A Adult Lap Swim	5:15A-9:25A Adult Lap Swim	5:15A-9:25A Adult Lap Swim	5:15A-9:25A Adult Lap Swim	5:15A-6:25A Adult Lap Swim	6:00A-9:55A Adult Lap Swim	7:00A-9:55A Adult Lap Swim		
				6:30A-7:15A Adult Masters			10:00A-11:00A Group Lessons	10:00A-11:40A Group Lessons
				7:15A-9:25A Adult Lap Swim			10:00A-10:30A Swim Starters A/B	10:00A-10:30A Swim Starters A/B
9:30A-10:15A Aqua Zumba	9:30A-10:15A Aqua Aerobics	9:30A-10:15A Aqua Aerobics	9:30A-10:15A Aqua Aerobics	9:30A-10:15A Aqua Aerobics	10:35A-11:05A Preschool (ages 3-5) 1&2	10:35A-11:05A Preschool (ages 3-5) 1&2		
10:15A-11A Aqua Aerobics	10:15A-11A Aqua Bootcamp	10:15A-11A Aqua Aerobics	10:15A-11A Aqua Bootcamp	10:15A-11A Aqua Aerobics			11:10A-11:40A Adapted Group Lessons	
11:05A-11:35A Swim Starters	11:05A-12P Senior Swim	11:05A-3:28P Adult Lap/ Aqua Jog	11:05A-12P Senior Swim	11:05A-3:28P Adult Lap/ Aqua Jog	11:10A-12:10P Private Lessons	11:40A-12:10P Adapted Private Lessons		
11:40A-3:28P Adult Lap/ Aqua Jog	12:00P-3:28P Adult Lap/ Aqua Jog		12P-3:28P Adult Lap/ Aqua Jog					
3:30P-4:00P Private Lessons	3:30P-4:00P Private Lessons	3:30P-4:00P Private Lessons	3:30P-4:30P Private Lessons	3:30P-4:00P Private Lessons	12:10P-3:45P Group Lessons	12:10P-3:45P Group Lessons		
4:00P-7:30P Group Lessons	4:00P-7:00P Group Lessons	4:00P-6:15P Group Lessons	4:45P-5:15P Nyack Center Swim Lessons	4:00P-6:30P Group Lessons	12:10P-12:40P Preschool (ages 3-5) 1&2	12:10P-12:40P Preschool (ages 3-5) 3&4		
4:00P-4:30P Preschool (ages 3-5) 1&2	4:00P-4:30P Preschool (ages 3-5) 1&2	4:00P-4:45P School Age (ages 6-12) 3&4		5:15P-7:45P Group Lessons	4:00P-4:30P Preschool (ages 3-5) 1&2	12:45P-1:15P Preschool (ages 3-5) 3&4	12:45P-1:30P School Age (ages 6-12) 3&4	
4:30P-5:15P School Age (ages 6-12) 1&2	4:30P-5:15P School Age (ages 6-12) 1&2	4:45P-5:30P School Age (ages 6-12) 5&6	5:15P-6:00P Swim Club (ages 8-16)	4:30P-5:15P School Age (ages 6-12) 1&2	1:20P-2:05P School Age (ages 6-12) 1&2	1:35P-2:20P School Age (ages 6-12) 1&2		
5:15P-6:00P School Age (ages 6-12) 3&4	5:15P-6:00P Swim Club (ages 8-16)	5:30P-6:15P Adult Beginner (ages 13+)	6:00P-7:00P Private Lessons	5:15P-6:00P School Age (ages 6-12) 3&4	2:10P-2:55P School Age (ages 6-12) 1&2	2:25P-2:55P Preschool (ages 3-5) 1&2		
6:00P-6:45P School Age (ages 6-12) 5&6	6:00P-7:00P Private Lessons		7:00P-7:45P Adult Masters	6:00P-6:30P Private Lessons	3:00P-3:45P Adult Beginner (ages 13+)	3:00P-3:45P School Age (ages 6-12) 5&6		
6:45P-7:30P Adult Masters								
7:30P-9:50P Adult Lap Swim	7:00P-9:50P Adult Lap Swim	6:15P-7:15P Family Swim	7:45P-9:50P Adult Lap Swim	6:30P-7:45P Family Swim	3:45P-4:45P Family Swim	3:45P-5:15P Family Swim		
		7:15P-9:50P Adult Lap Swim		7:45P-9:50P Adult Lap Swim	4:45P-5:50P Adult/Teen Lap Swim	5:15P-6:50P Adult/Teen Lap Swim		

### Aquatics Department:

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