



# ROCKLAND COUNTY YMCA

## 2019 POOL SCHEDULE: January – June revised 1/7

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 1&2 (ages 3-5)	10:35A-11:05A Preschool 1&2 (ages 3-5)		
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-12:10P Private Lessons	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		11:40A-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-4:00P 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-7:00P Group Lessons	4:00P-5:00P Nyack Center Swim Lessons	4:00P-7:00P Group Lessons	12:10P-12:40P Preschool 1&2 (ages 3-5)	12:10P-12:40P Preschool 3&4 (ages 3-5)		
4:00P-4:30P Preschool 1&2 (ages 3-5)	4:00P-4:30P Preschool 1&2 (ages 3-5)	4:00P-4:45P School Age 3&4 (ages 6-12)	5:15P-7:45P Group Lessons	4:00P-4:30P Preschool 1&2 (ages 3-5)	12:45P-1:15P Preschool 3&4 (ages 3-5)	12:45P-1:30P School Age 3&4 (ages 6-12)		
4:30P-5:15P School Age 1&2 (ages 6-12)	4:30P-5:15P School Age 1&2 (ages 6-12)	4:45P-5:30P School Age 5&6 (ages 6-12)	5:15P-6:00P Swim Club 1 (ages 8-12)	4:30P-5:15P School Age 1&2 (ages 6-12)	1:20P-2:05P School Age 1&2 (ages 6-12)	1:35P-2:20P School Age 1&2 (ages 6-12)		
5:15P-6:00P School Age 3&4 (ages 6-12)	5:15P-6:00P Swim Club 1 (ages 8-12)	5:30P-6:15P Adult Beginner (ages 13+)	6:00P-7:00P Swim Club 2 (ages 13-16)	5:15P-6:00P School Age 3&4 (ages 6-12)	2:10P-2:55P School Age 1&2 (ages 6-12)	2:25P-2:55P Preschool 1&2 (ages 3-5)		
6:00P-6:45P School Age 5&6 (ages 6-12)	6:00P-7:00P Swim Club 2 (ages 13-16)	6:15P-7:00P Adult Intermediate (ages 13+)	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 5&6 (ages 6-12)		
6:45P-7:30P Adult Masters								
7:30P-9:50P Adult Lap Swim	7:00P-9:50P Adult Lap Swim	7:00P-8:00P 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		
		8:00P-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



# ROCKLAND COUNTY YMCA

## 2019 POOL SCHEDULE - JANUARY-JUNE

\*alternative schedule will apply during school breaks and holidays

### Aquatics Department:

Jessica Keavney – Director – 845-643-3052

Brett Ilie-Assistant Director-845-643-3057

**ADAPTED GROUP LESSONS** - A group lesson for youth ages (3-12) with developmental special needs. In this specialized class lesson parents will work in the water with their child and the YMCA instructor.

**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**-Group swim lessons are not for everyone☺.

**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.