



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## 2020 Pool Schedule: January — June

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

Lap Swimming						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am—9:25 am	5:15 am—9:25 am	5:15 am—9:25 am	5:15 am—9:25 am	5:15 am—6:25 am	6:00 am—9:55 am	7:00 am—9:55 am
11:40 am—3:25 pm	11:05 am—12:00 pm (Senior Swim)	11:05 am—3:25 pm	11:05 am—12:00 pm (Senior Swim)	7:15 am—9:25 am	3:45 pm—4:45 pm	5:15 pm—6:50 pm
7:30 pm—9:50 pm	12:00 pm—3:25 pm	7:15 pm—9:50 pm	12:00 pm—3:25 pm	11:05 am—3:25 pm		
	7:00 pm—9:50 pm		7:45 pm—9:50 pm	7:45 pm—9:50 pm		

Family Swim			
Wednesday	Friday	Saturday	Sunday
6:15 pm—7:15 pm	6:30 pm—7:45 pm	4:45 pm—5:50 pm	3:45 pm—5:15 pm

Water Exercise Classes				
Monday	Tuesday	Wednesday	Thursday	Friday
9:30 am—10:15 am Aqua Zumba	9:30 am—10:15 am Aqua Aerobics	9:30 am—10:15 am Aqua Aerobics	9:30 am—10:15 am Aqua Aerobics	9:30 am—10:15 am Aqua Aerobics
10:15 am—11:00 am	10:15 am—11:00 am	10:15 am—11:00 am	10:15 am—11:00 am	10:15 am—11:00 am

Adult Master's Swimming		
Monday	Thursday	Friday
6:45 pm—7:30 pm	6:45 pm—7:30 pm	6:30 am—7:15 am

### Rockland County YMCA

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