



# ROCKLAND COUNTY YMCA

## 2017 POOL SCHEDULE - SEPTEMBER – DECEMBER

Fall #1-Swim Session: September 11 – October 29

Fall #2- October 30 – December 17

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	10-10:30-Swim Starters A
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	10:30-11-Swim Starters B	10:30-11-Swim Starters B
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	11-11:30 <b>Adapted Privates</b>
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- Lifeguard Pre- class			4-5 Nyack Center <b>Swim Lessons</b> 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			11-11:30 <b>Adapted Privates</b>
		6:45-7:45 Family Swim Time		6-7:50 Family Swim Time	3:45-4:45 Family Swim Time	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
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	3:00-5:00 Family Swim Time
						5-6:50 Adult Lap Swim



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### Aquatics Department:

Jessica Keavney – Director – 845-643-3052

Joe Pica – Coordinator – 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**

**AQUA ZUMBA –**

**AQUA AEROBICS**

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

**CLUB SWIM**- 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. 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**

**PRIVATE SWIM LESSONS**

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**Adapted Private Lessons:** Private one-on-one instruction for any age with special needs.

**Adult/teen Beginner:** (13+)

**Adult/teen Intermediate:** (13+)

**Adult Masters:** Advanced swimming and workouts for adults (18+) looking to improve their strokes.