



# ROCKLAND COUNTY YMCA

## 2018 POOL SCHEDULE - SEPTEMBER - DECEMBER

\*alternative schedule will apply during school breaks and holidays

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	7-9:55 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	10-11:05 Group Swim Lessons	10-11:40 Group Swim Lessons
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		
11:10-11:40 Group Swim Lessons	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	11:10-12:10 Private Lessons	1:40-12:10 Adapted Private Lessons
11:45-3:30 Adult Lap & Aqua Jog					12:10-3:45 Group Swim Lessons	12:10-3:45 Group Swim Lessons
3:30-4:00 Private Lessons	3:30-4:00 Private Lessons	3:30-4:00 Private Lessons	3:30-4:00 Private Lessons	3:30-4:00 Private Lessons		
4:00-7:45 Group Swim Lessons	4:00-7:10 Group Swim Lessons	4:00-7:15 Group Swim Lessons	4-5:20 Nyack Center Swim Lessons	4:00-6:25 Group Swim Lessons		
7-7:45 Adult Masters			7:15-8:00 Family Swim Time			
7:45-9:50 Adult Lap Swim	7-9:50 Adult Lap Swim	8-9:50 Adult Lap Swim	8:00-9:50 Adult Lap Swim	7:50-9:50 Adult Lap Swim	4:45-5:50 Adult Lap Swim	5:15-6:50 Adult Lap Swim