



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: 5- 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- 6:25 Adult Lap Swim	6-9:55 Adult Lap Swim	7-10:25 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	6:30-7:15 Adult Masters	10-11:05 Group Lessons	10:30-11:40 Group Lessons
10:15-11 Aqua Aerobics	10:15-11 Aqua Bootcamp	10:15-11 Aqua Aerobics	10:15-11 Aqua Bootcamp	7:15-9:28 Adult Lap Swim	10-10:30 -Swim Starters A	10:35-11:05- Starters B
				9:30-10:15	10:35-11:05- Swim Starters B	11:10-11:40- Adapted Group Lessons
11:05-11:40 Group Lessons Swim Starters A	11-3:28 Adult Lap/Aqua Jog	11-3:28 Adult Lap/Aqua Jog	11-3:28 Adult Lap/Aqua Jog	Aqua Aerobics	11:10-12:10 Private Lessons	11:40-12:10 Adapted Privates
11:45-3:28 Adult Lap/Aqua Jog	3:30-4 Private lessons	3:30-4 Private Lessons	3:30-4 Private Lessons	10:15-11 Aqua Aerobics	12:10-3:45 Group Lessons	12:10-3:45 Group Lessons
3:30-4 Private Lessons	4:00-7:10 Group Lessons	4:00-7:15 Group Lessons	4-5:20 Nyack Center Swim Lessons	11-3:30 Adult Lap/Aqua Jog	12:10-12:40- Preschool (ages 3-5) 1&2	12:10-12:40- Preschool (ages 3-5) 3&4
4:00-7:45 Group Lessons	4-4:30-Preschool (ages 3-5) 1&2	4-4:45-School Age (ages 9-12) 3&4	5:20-8:00 Group Lessons	3:30-4 Private Lessons	12:45-1:15- Preschool (ages 3-5) 3&4	12:45-1:30- School Age (ages 9-12) 3&4
4-4:30-Preschool (ages 3-5) 1&2	4:35-5:20-School Age (ages 9-12) 1&2	4:50-5:35- School Age (ages 6-12) 5&6	5:25-6:10 - Swim Club Group 1 (8-12yrs.)	4:00-6:25 Group Lessons	1:20-2:05- School Age (ages 6-9) 1&2	1:35-2:20- School Age (ages 6-9) 1&2
4:35-5:20-School Age (ages 6-9) 1&2	5:25-6:10 -Swim Club Group 1 (8-12yrs.)	5:40-6:25- Adult Beginner (ages 13+)	6:10-7:10- Swim Club Group 2 (13-16 yrs.)	4-4:45 -School Age (ages 6-9) 1&2	2:10-2:55- School Age (ages 9-12) 1&2	2:25-2:55- Preschool (ages 3-5) 1&2
5:25-6:10-School Age (ages 6-9) 3&4	6:10-7:10 -Swim Club Group 2 (13-16 yrs.)	6:30-7:15- Adult Intermediate (ages 13+)	7:15-8:00- Adult Masters	4:50-5:35-School Age (ages 6-9) 3&4	3-3:45- Adult Beginner (ages 13+)	3-3:45- School Age (ages 6-12) 5&6
6:10-6:55 - School Age (ages 6-12) 5&6				5:40-6:25-School Age (ages 9-12) 3&4		
7-7:45- Adult Masters		7:15-8 Family Swim Time		6:25-7:50 Family Swim Time	3:45-4:45 Family Swim Time	3:45-5:15 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 /Teen Lap Swim	5:15-6:50 Adult /Teen Lap Swim

Lap & Aqua Jog participants are reminded to exit the pool on time - staying in the pool interferes with our swim lessons



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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.

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. **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 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.