



POOL SCHEDULE - July 3- August 20th

MON	TUES	WED	THUR	FRI	SAT	SUN
5:15-9:25 ADULT LAP SWIM <i>(ALL LANES)</i>	5:15-9:25 ADULT LAP SWIM <i>(ALL LANES)</i>	5:15-9:25 ADULT LAP SWIM <i>(ALL LANES)</i>	5:15-9:25 ADULT LAP SWIM <i>(ALL LANES)</i>	5:15-9:25 ADULT LAP SWIM <i>(ALL LANES)</i>	6:00-9:55 ADULT LAP SWIM <i>(ALL LANES)</i>	7:00-9:55 ADULT LAP SWIM <i>(ALL LANES)</i>
9:30-10:15 AQUA ZUMBA	9:30-10:15 AQUA EXERCISE	9:30-10:15 AQUA EXERCISE	9:30-10:15 AQUA EXERCISE	9:30-10:15 AQUA EXERCISE	10:00-3:15 GROUP SWIM LESSONS	10:00-3:30 GROUP SWIM LESSONS
10:30-11:30 SUMMERCAMP SWIM	10:30-11:30 SUMMERCAMP SWIM	10:30-11:30 SUMMERCAMP SWIM	10:30-11:30 SUMMERCAMP SWIM	10:30-11:30 SUMMERCAMP SWIM		
11:30-2:15 ADULT SWIM/ AQUA JOG	11:30-2:15 ADULT SWIM/ AQUA JOG	11:30-2:15 ADULT SWIM/ AQUA JOG	11:30-2:15 ADULT SWIM/ AQUA JOG	11:30-2:15 ADULT SWIM/ AQUA JOG		
2:30-3:30 SUMMERCAMP SWIM	2:30-3:30 SUMMERCAMP SWIM	2:30-3:30 SUMMERCAMP SWIM	2:30-3:30 SUMMERCAMP SWIM	2:30-3:30 SUMMERCAMP SWIM		
3:30-4:30 PRIVATE SWIM LESSONS	3:30-4:30 PRIVATE SWIM LESSONS	3:30-4:30 PRIVATE SWIM LESSONS	3:30-4:30 PRIVATE SWIM LESSONS	3:30-4:30 PRIVATE SWIM LESSONS	3:30-4:30 FAMILY SWIM	3:30-4:30 FAMILY SWIM
4:30-6:30 GROUP SWIM LESSONS	4:30-6:30 GROUP SWIM LESSONS	4:30-6:30 GROUP SWIM LESSONS	4:30-6:30 GROUP SWIM LESSONS	4:30-6:30 GROUP SWIM LESSONS	4:30-5:50 ADULT LAP SWIM	4:30-6:50 ADULT LAP SWIM
6:30-9:50 ADULT LAP SWIM	6:30-9:50 ADULT LAP SWIM	6:30-9:50 ADULT LAP SWIM	6:30-9:50 ADULT LAP SWIM	6:30-7:30 FAMILY SWIM		
				7:30-9:50 ADULT LAP SWIM		

ROCKLAND COUNTY YMCA
 35 S. Broadway
 Nyack, NY 10960
 845-358-0245