



ROCKLAND COUNTY YMCA

POOL SCHEDULE

JULY 9-AUGUST 19

YMCA CLOSED August 20-September 4th

MON	TUES	WED	THUR	FRI	SAT	SUN
Monday to Friday -5:15-9:25 ADULT LAP SWIM <i>(ALL LANES)</i>					6:00-10:15 ADULT LAP SWIM	7:00-10:15 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		
10:15-11:15 SUMMER CAMP SWIM	10:30-11:30 SUMMER CAMP SWIM	10:30-11:30 SUMMER CAMP SWIM	10:30-11:30 SUMMER CAMP SWIM	10:30-11:30 SUMMER CAMP SWIM	10:30-11:00 GROUP SWIM 10:30-11 -Starters A	10:30-11:45 GROUP SWIM 10:30-11 -Starters B 11:15-11:45-Starters A
11:30-2:15 ADULT SWIM/ AQUA JOG	11:45-2:15 ADULT SWIM/ AQUA JOG	11:45-2:15 ADULT SWIM/ AQUA JOG	11:30-2:15 ADULT SWIM/ AQUA JOG	11:30-2:15 ADULT SWIM/ AQUA JOG	PRIVATE LESSONS 11-11:30 11:45-12:15	
2:30-3:30 SUMMER CAMP SWIM TIME	2:30-3:30 SUMMER CAMP SWIM TIME	2:30-3:30 SUMMER CAMP SWIM TIME	2:30-3:30 SUMMER CAMP SWIM TIME	2:30-3:30 SUMMER CAMP SWIM TIME	12:30 - 3:30 GROUP SWIM LESSONS 12:30-Preschool 1&2 12:45-School Age 1&2 1:30-School Age 1&2 2:15-School Age 3&4 3:00-Adult/Teen 1 & 2	12:00- 3:30 GROUP SWIM LESSONS 12-Preschool 1&2 12:45-SchoolAge 1&2 1:30-SchoolAge 1&2 2:15-School Age 3&4 3:00-School Age 5&6
3:45-6:45 SWIM LESSONS 4:00-Private 4:45-School Age 1 & 2 5:30-School Age 1 & 2 6:15-School Age 3 & 4	3:45-6:45 SWIM LESSONS 4:00-Private 4:45-Preschool 1 & 2 5:30-6-Swim Club 6-6:30 - Swim Club 6:15-6:45-Adult 3&4	3:45-6:45 SWIM LESSONS 4:00-Private 4:45-Preschool 1&2 5:30-School Age 1 & 2 6:15-School Age 1&2	3:45-5:30 JACK & JILL PROGRAM 6/28- 8/9 5:30-6 6-6:30 SWIM CLUB	3:45-6:45 SWIM LESSONS 4:00-Private 4:45-Preschool 1 & 2 5:30-Preschool 3&4		
6:45-7:30 ADULT MASTERS	6:50-9:50 ADULT LAP SWIM	6:50-7:45 FAMILY SWIM TIME	6:45 -7:30 ADULT MASTERS	6:50-7:45 FAMILY SWIM TIME	3:30-4:30 FAMILY SWIM	3:30-5:00 FAMILY SWIM
7:30-9:50 ADULT LAP SWIM <i>(ALL LANES)</i>		7:50-9:50 ADULT LAP SWIM	7:30-9:50 ADULT LAP SWIM	7:50-9:50 ADULT LAP SWIM	4:45-5:50 ADULT LAP	5:15-6:50 ADULT LAP