



ROCKLAND COUNTY YMCA SUMMER POOL

SCHEDULE June 18-24 -6/4/2018

POOL SCHEDULE JUNE 18-24

MON	TUES	WED	THUR	FRI	SAT	SUN
Monday to Friday -5:15-9:25 ADULT LAP SWIM <i>(ALL LANES)</i>					6:00-11:00 ADULT LAP SWIM	7:00-11:00 ADULT LAP SWIM
9:30-10:15 & 10:15-11 AQUA Exercises	9:30-10:15 & 10:15-11 AQUA Exercises	9:30-10:15 & 10:15-11 AQUA Exercises	9:30-10:15 & 10:15-11 AQUA Exercises	9:30-10:15 & 10:15-11 AQUA Exercises		
11:15-4:00 ADULT SWIM/ AQUA JOG	11:15-4:00 ADULT SWIM/ AQUA JOG	11:15-4:00 ADULT SWIM/ AQUA JOG	11:15-4:00 ADULT SWIM/ AQUA JOG	11:15-4:00 ADULT SWIM/ AQUA JOG	11:00-3:00 FAMILY SWIM	11:00-3:00 FAMILY SWIM
4:15-6:30 GROUP SWIM LESSONS	4:15-6:30 GROUP SWIM LESSONS	4:15-6:30 GROUP SWIM LESSONS	4:15-6:30 GROUP SWIM LESSONS	4:15-6:30 GROUP SWIM LESSONS	3:15-5:50 ADULT LAP SWIM	3:15-6:50 ADULT LAP SWIM
6:45-7:30 ADULT MASTERS	6:45-9:50 ADULT LAP SWIM	6:45-7:45 FAMILY SWIM TIME	6:45-7:30 ADULT MASTERS	6:45-7:45 FAMILY SWIM TIME		
7:30-9:50 ADULT LAP SWIM		7:50-9:50 ADULT LAP SWIM	7:30-9:50 ADULT LAP SWIM	7:50-9:50 ADULT LAP SWIM		

POOL SCHEDULE JUNE 25-JULY 1

MON	TUES	WED	THUR	FRI	SAT	SUN
Monday to Friday -5:15-9:25 ADULT LAP SWIM <small>(ALL LANES)</small>					6:00-10:45 ADULT LAP SWIM	7:00-10:45 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		
10:15-11:00 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		
11:15-1:15 ADULT SWIM/ AQUA JOG	11:45-1:15 ADULT SWIM/ AQUA JOG	11:45-1:15 ADULT SWIM/ AQUA JOG	11:45-1:15 ADULT SWIM/ AQUA JOG	11:45-1:15 ADULT SWIM/ AQUA JOG	11:00-3:15 FAMILY SWIM	11:00-3:15 FAMILY SWIM
1:30-2:30 SUMMER CAMP SWIM TIME	1:30-2:30 SUMMER CAMP SWIM TIME	1:30-2:30 SUMMER CAMP SWIM TIME	1:30-2:30 SUMMER CAMP SWIM TIME	1:30-2:30 SUMMER CAMP SWIM TIME		
2:45-5:00 ADULT SWIM/ AQUA JOG	2:45-5:00 ADULT SWIM/ AQUA JOG	2:45-5:00 ADULT SWIM/ AQUA JOG	2:45-3:45 ADULT SWIM/ AQUA JOG	4:00-5:00 Special Program for Jack & Jill of America	2:45-5:00 ADULT SWIM/ AQUA JOG	
			5:00-6:30 GROUP SWIM			
5:00-6:30 GROUP SWIM LESSONS	5:00-6:30 GROUP SWIM LESSONS	5:00-6:30 GROUP SWIM LESSONS		5:00-6:30 GROUP SWIM LESSONS	3:30-5:50 ADULT LAP SWIM	3:30-6:50 ADULT LAP SWIM
6:45-7:30 ADULT MASTERS	6:45-9:50 ADULT LAP SWIM	6:30-7:45 FAMILY SWIM TIME	6:45-7:30 ADULT MASTERS	6:45-7:45 FAMILY SWIM TIME		
7:30-9:50 ADULT LAP SWIM		7:50-9:50 ADULT LAP SWIM	7:30-9:50 ADULT LAP SWIM	7:50-9:50 ADULT LAP SWIM		