



# 2017 ROCKLAND COUNTY YMCA

## March – June 18th Pool Schedule

\* special schedules will apply during summer

2017	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIM LESSON SESSIONS</b> <u>Winter 2017-1</u> Jan 2nd Feb 19th	5:15-9:25 Monday- Friday <b>ADULT LAP SWIM</b> <i>(ALL LANES)</i>					6:00-9:55 <b>ADULT LAP SWIM</b> <i>(ALL LANES)</i>	7:00-10:00 <b>ADULT LAP SWIM</b> <i>(ALL LANES)</i>
	9:30-10:15 – Monday – <b>AQUA ZUMBA</b> 9:30-10:15 Tues – Friday – <b>AQUA EXERCISE</b>						
<u>Spring 2017-1</u> Feb 27th -April 15th	10:15-11:00 – Monday - Friday <b>AQUA EXERCISE</b>						
<u>Spring 2017 -2</u> April 24th -June 11th	11-11:30 <b>PARENT &amp; CHILD #3</b>	11:00-11:30 – Tuesday - Thursday <b>OPEN SWIM</b>			11-11:30 <b>ADULT BEGINNER</b>	9:55-10:25 <b>PARENT &amp; CHILD #1</b>	10:00-10:30 <b>PRIVATE LESSONS</b>
<u>Summer 2017 Session 1</u> •June 19 to August 6	11:30-3:15 – Monday – Thursday- <i>ALL LANES</i> 12:00-3:15 on Friday <b>ADULT LAP SWIM</b>				11:30-12:00 <b>PRIVATE LESSONS</b>	10:30-11:00 <b>PARENT &amp; CHILD #2</b>	10:35-11:05 <b>PIKE, EEL, RAY, STARFISH</b>
<u>Summer #2</u> August 14-18 (special m-f class)	3:30-4:00– Monday - Friday <b>PRIVATE LESSONS</b>					11:05-11:35 <b>PRIVATE LESSONS</b>	11:10-11:40 <b>PIKE, EEL, RAY, STARFISH</b>
<u>Fall 2017 #1</u> Sept 11 to Oct 29	4:00-4:30 <b>PIKE, EEL, RAY, STARFISH</b>			4:00-5:00	4:00-4:45 <b>POLLIWOG, GUPPY, MINNOW</b>	11:40-12:10 <b>PIKE, EEL, RAY, STARFISH</b>	11:45-12:30 <b>POLLIWOG, GUPPY MINNOW</b>
<u>Fall 2017 #2</u> Nov 6 to Dec 24	4:30-5:00 <b>PIKE, EEL, RAY, STARFISH</b>	4:30-5:15 <b>POLLIWOG GUPPY MINNOW</b>	4:30-5:00 <b>PIKE, EEL, RAY, STARFISH</b>	<b>Nyack Center Swim Lessons</b>	4:45-5:30 <b>FLYING FISH, FISH</b>	12:15-12:45 <b>PIKE, EEL, RAY, STARFISH</b>	12:35-1:20 <b>FLYING FISH, FISH</b>
** There MAY be some shared use of the pool during open/lap swim for staff/lifeguard trainings.  This will be posted in advance.	5:00-5:45 <b>POLLIWOG, GUPPY MINNOW</b>	5:15-6:15 <b>PRIVATE LESSONS</b>	5:00-5:45 <b>POLLIWOG GUPPY MINNOW</b>		5:00-6:00 <b>PRIVATE LESSONS</b>	5:35-6:05 <b>PRIVATE LESSONS</b>	12:50-1:35 <b>POLLIWOG, GUPPY MINNOW</b>
<u>Upcoming Training Dates:</u>  May 7,14,21  June 4,11,18	5:45-6:30 <b>FLYING FISH, FISH</b>	6:20-7:05 <b>AQUA EXERCISE</b>	5:45-6:30 <b>FLYING FISH, FISH</b>	6:30-7:30 <b>OPEN SWIM</b>	<b>FAMILY SWIM</b>	1:40-2:25 <b>FLYING FISH, FISH</b>	1:55-2:25 <b>ADULT TEEN ADVANCED</b>
	6:30-7:30 <b>PRE COMPETITIVE</b>	7:05-7:50 <b>FAMILY SWIM</b>	6:30-7:30 <b>PRE COMP OPEN SWIM</b>			2:30-3:15 <b>SHARK</b>	2:30-4:25 <b>FAMILY SWIM</b>
	7:50-9:55 – Monday - Friday <b>ADULT LAP SWIM</b> <i>(ALL LANES)</i>					3:15-4:30 <b>FAMILY SWIM</b>	4:30- 6:50 <b>ADULT LAP SWIM</b> <i>(ALL LANES)</i>

Jessica Keavney, Assistant Director  
 Joe Pica, Aquatics Coordinator



# ROCKLAND COUNTY YMCA

POOL SCHEDULE JUNE 19-25						
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>	6:00-12:00 ADULT LAP SWIM <i>(ALL LANES)</i>	7:00-12:00 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		
10:30-3:30 ADULT LAP SWIM	10:30-3:30 ADULT LAP SWIM	10:30-3:30 ADULT LAP SWIM	10:30-3:30 ADULT LAP SWIM	10:30-3:30 ADULT LAP SWIM	12:00-3:00 FAMILY SWIM	12:00-3:00 FAMILY SWIM
4:00-7:30 GROUP SWIM LESSONS	4:00-7:30 GROUP SWIM LESSONS	4:00-7:30 GROUP SWIM LESSONS	4:00-7:30 GROUP SWIM LESSONS	4:00-7:30 GROUP SWIM LESSONS	3:30-5:50 ADULT LAP SWIM	3:30-6:50 ADULT LAP SWIM
7:30-9:50 ADULT LAP SWIM	7:30-9:50 ADULT LAP SWIM	7:30-9:50 ADULT LAP SWIM	7:30-9:50 ADULT LAP SWIM	7:30-9:50 ADULT LAP SWIM		

### Swim Lesson Session #1 - June 19 to 23

POOL SCHEDULE JUNE 26-July 2						
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>	6:00-12:00 ADULT LAP SWIM <i>(ALL LANES)</i>	7:00-12:00 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		
10:30-11:30 SUMMER CAMP SWIM	10:30-11:30 SUMMER CAMP SWIM	10:30-11:30 SUMMER CAMP SWIM	10:30-11:30 SUMMER CAMP SWIM	10:30-11:30 SUMMER CAMP SWIM	12:00-3:00 FAMILY SWIM	12:00-3:00 FAMILY SWIM
11:30-2:15 ADULT LAP SWIM	11:30-2:15 ADULT LAP SWIM	11:30-2:15 ADULT LAP SWIM	11:30-2:15 ADULT LAP SWIM	11:30-2:15 ADULT LAP SWIM		
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	3:30-5:50 ADULT LAP SWIM	3:30-6:50 ADULT LAP SWIM
4:00-7:30 GROUP SWIM LESSONS	4:00-7:30 GROUP SWIM LESSONS	4:00-7:30 GROUP SWIM LESSONS	4:00-7:30 GROUP SWIM LESSONS	4:00-7:30 GROUP SWIM LESSONS		
7:30-9:50 ADULT LAP SWIM	7:30-9:50 ADULT LAP SWIM	7:30-9:50 ADULT LAP SWIM	7:30-9:50 ADULT LAP SWIM	7:30-9:50 ADULT LAP SWIM		

Jessica Keavney, Aquatics Director

Joe Pica, Aquatic Coordinator

### Swim Lesson Session #2 - June 26-30

There may be times during lap swim that we use one lane for staff trainings or classes – we will post these in advance on our website.



# ROCKLAND COUNTY YMCA

## POOL SCHEDULE - JULY 3 TO AUGUST 20<sup>TH</sup>

MON	TUES	WED	THUR	FRI	SAT	SUN
5:15-9:25 <b>ADULT LAP SWIM</b> <i>(ALL LANES)</i>	5:15-9:25 <b>ADULT LAP SWIM</b> <i>(ALL LANES)</i>	5:15-9:25 <b>ADULT LAP SWIM</b> <i>(ALL LANES)</i>	5:15-9:25 <b>ADULT LAP SWIM</b> <i>(ALL LANES)</i>	5:15-9:25 <b>ADULT LAP SWIM</b> <i>(ALL LANES)</i>	6:00-9:55 <b>ADULT LAP SWIM</b> <i>(ALL LANES)</i>	7:00-9:55 <b>ADULT LAP SWIM</b> <i>(ALL LANES)</i>
9:30-10:15 <b>AQUA ZUMBA</b>	9:30-10:15 <b>AQUA EXERCISE</b>	9:30-10:15 <b>AQUA EXERCISE</b>	9:30-10:15 <b>AQUA EXERCISE</b>	9:30-10:15 <b>AQUA EXERCISE</b>	10:00-4:15 <b>GROUP SWIM LESSONS</b>	10:00-4:15 <b>GROUP SWIM LESSONS</b>
10:30-11:30 – <b>SUMMER CAMP SWIM</b>	10:30-11:30 – <b>SUMMER CAMP SWIM</b>	10:30-11:30 – <b>SUMMER CAMP SWIM</b>	10:30-11:30 – <b>SUMMER CAMP SWIM</b>	10:30-11:30 – <b>SUMMER CAMP SWIM</b>		
11:30-2:30 – <b>ADULT LAP SWIM</b>	11:30-2:30 – <b>ADULT LAP SWIM</b>	11:30-2:30 – <b>ADULT LAP SWIM</b>	11:30-2:30 – <b>ADULT LAP SWIM</b>	11:30-2:30 – <b>ADULT LAP SWIM</b>		
2:30-3:30 <b>SUMMER CAMP SWIM TIME</b>	2:30-3:30 <b>SUMMER CAMP SWIM TIME</b>	2:30-3:30 <b>SUMMER CAMP SWIM TIME</b>	2:30-3:30 <b>SUMMER CAMP SWIM TIME</b>	2:30-3:30 <b>SUMMER CAMP SWIM TIME</b>		
3:30-4:30 <b>PRIVATE SWIM LESSONS</b>	3:30-4:30 <b>PRIVATE SWIM LESSONS</b>	3:30-4:30 <b>PRIVATE SWIM LESSONS</b>	3:30-4:30 <b>PRIVATE SWIM LESSONS</b>	3:30-4:30 <b>PRIVATE SWIM LESSONS</b>	3:45-4:30 <b>FAMILY SWIM</b>	3:00-4:30 <b>FAMILY SWIM</b>
4:30-7:30 <b>GROUP SWIM LESSONS</b>	4:30-7:30 <b>GROUP SWIM LESSONS</b>	4:30-7:30 <b>GROUP SWIM LESSONS</b>	4:30-7:30 <b>GROUP SWIM LESSONS</b>	4:30-7:30 <b>GROUP SWIM LESSONS</b>	4:30-5:50 <b>ADULT LAP SWIM</b>	4:30-6:50 <b>ADULT LAP SWIM</b>
7:30-9:50 <b>ADULT LAP SWIM</b>	7:30-9:50 <b>ADULT LAP SWIM</b>	7:30-9:50 <b>ADULT LAP SWIM</b>	7:30-9:50 <b>ADULT LAP SWIM</b>	7:30-9:50 <b>ADULT LAP SWIM</b>		

Swim Lesson Session #3 - July 3- August 20