



Effective - January 2, 2024

Friendly Reminders:

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| <ul style="list-style-type: none"> • Schedule is effective 1/02/2024 and is subject to change due to swim meets, programming or LG classes. • All swimmers must wear a swim cap. • Participants must shower before entering the pool. • Lane sharing is encouraged. Please ask permission to share a lane when the lane is already occupied. • Split the lane when two swimmers; circle swim when 3 or more swimmers in a lane. • Non-lifeguard approved flotation devices such as rafts, inflatables, arm wings, baby seat floats, backpacks or monofins (mermaid tail) are not permitted in the pools at anytime. • Large Pool may close for Swim Meets – dates will be posted on flyers in the facility. • Large Pool lane 1 may be closed early mornings for programming; all other lanes no changes. | <ul style="list-style-type: none"> • Adult lap is for members 18 years and older. • Open lap is for ages 10 & older; open lap swimmers 10-12 years old must be accompanied by an adult. • Family Swim is for all members regardless of age. • Family Swim: Infants/Toddlers who are not potty trained must wear a fitted plastic covering over disposable swim diapers and be accompanied by an adult. • Family Swim: Non-swimmers and children 5 and younger must remain in the shallow end within arm's reach of an adult. If child is unable to stand in the shallow end a coast guard approved lifejacket must be worn. Non-swimmers must have an adult in the water at all times. • Family Swim: Children ages 6- 12 must successfully complete our YMCA's swim assessment to swim in the deep end w/o an adult in the water. Ages 6-12 who are non-swimmers/beginners must have an adult in the water at all times and within arms reach. |
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SMALL POOL SCHEDULE 2024

Effective - January 2, 2024

TIME	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY				TIME																																																												
	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4																																																													
6:15 AM	MORNIN' MANIA 6:15 – 7 AM				ADULT LAP & SENIOR SWIM 6:15 – 9 AM				MORNIN' MANIA 6:15 – 7 AM				ADULT LAP & SENIOR SWIM 6:15 – 9 AM				MORNIN' MANIA 6:15 – 7 AM				CLOSED				CLOSED				6:15 AM																																																												
6:30 AM																													6:30 AM																																																												
7:00 AM	ADULT LAP & SENIOR SWIM 7 – 8 AM								ADULT LAP & SENIOR SWIM 6:15 – 9 AM								ADULT LAP & SENIOR SWIM 7 – 8 AM				ADULT LAP & SENIOR SWIM 6:15 – 9 AM				ADULT LAP & SENIOR SWIM 7 – 8 AM				PRIVATE LESSONS 7 – 8 AM		ADULT LAP 7 – 8 AM		PRIVATE LESSONS 7 – 8:25 AM		ADULT LAP 7 – 8:25 AM		7:00 AM																																																				
7:30 AM																																					7:30 AM																																																				
8:00 AM	AQUA FIT 8 – 8:45 AM				ADULT LAP & SENIOR SWIM 6:15 – 9 AM								AQUA FIT 8 – 8:45 AM				ADULT LAP & SENIOR SWIM 6:15 – 9 AM								AQUA FIT 8 – 8:45 AM				SWIM LESSONS 8 AM – 1 PM				SWIM LESSONS 8:25 – 10:30 AM				8:00 AM																																																				
8:30 AM																																					8:30 AM																																																				
9:00 AM	ADULT LAP & SENIOR SWIM 9 AM–2 PM								SWIM LESSONS 9 – 11 AM				SENIOR SWIM NO LANES WILL BE IN THE POOL 8:45 – 10 AM								SWIM LESSONS 9 – 11 AM				ADULT LAP & SENIOR SWIM 9 AM – 2 PM												SWIM LESSONS 8:25 – 10:30 AM				9:00 AM																																																
9:30 AM																																									9:30 AM																																																
10:00 AM					10:00 AM																																																																																				
10:30 AM					10:30 AM																																																																																				
11:00 AM					AQUA FIT HI 11:15 AM – 12 PM				ADULT LAP & SENIOR SWIM 11 AM – 2:45 PM				ADULT LAP & SENIOR SWIM 11:15 AM – 2:30 PM				ADULT LAP & SENIOR SWIM 9 AM – 2 PM				FAMILY SWIM 10:30 AM – 1 PM												PRIVATE LESSONS 10:30AM – 1 PM				11:00 AM																																																				
11:30 AM																																					11:30 AM																																																				
12:00 PM					DEEP WATER EXERCISE w/NOODLES 12:05 – 12:50 PM																																ADULT LAP & SENIOR SWIM 11 AM – 2:45 PM				ADULT LAP & SENIOR SWIM 11:15 AM – 2:30 PM				ADULT LAP & SENIOR SWIM 9 AM – 2 PM				FAMILY SWIM 10:30 AM – 1 PM				PRIVATE LESSONS 10:30AM – 1 PM				12:00 PM																																
12:30 PM																																																									12:30 PM																																
1:00 PM					ADULT LAP & SENIOR SWIM 1 PM – 2:30 PM																ADULT LAP & SENIOR SWIM 11 AM – 2:45 PM												ADULT LAP & SENIOR SWIM 11:15 AM – 2:30 PM																								ADULT LAP & SENIOR SWIM 9 AM – 2 PM				FAMILY SWIM 10:30 AM – 1 PM				PRIVATE LESSONS 10:30AM – 1 PM				12:30 PM																				
1:30 PM																																																																					1:30 PM																				
2:00 PM	SENIOR SWIM 2 – 3 PM		PRIVATE LESSONS 1 – 2:30 PM		ADULT LAP & SENIOR SWIM 11 AM – 2:45 PM																				ADULT LAP & SENIOR SWIM 11:15 AM – 2:30 PM																								ADULT LAP & SENIOR SWIM 9 AM – 2 PM				SENIOR SWIM (NO LANES) 1 – 2:30 PM																PRIVATE LESSONS 1 – 2:30 PM				1:00 PM																
2:30 PM																																																																									2:30 PM																
3:00 PM	FAMILY SWIM 3 – 3:50 PM																																																												PRIVATE LESSONS 2:30 – 3:45 PM		FAMILY SWIM 2:45 – 3:50 PM				SENIOR SWIM 2:30 – 3:50 PM						PRIVATE LESSONS 2:30 – 4 PM				ADULT LAP & SENIOR SWIM 2:30 – 4 PM				ADULT LAP & SENIOR SWIM 1 – 3 PM				2:00 PM				
3:30 PM																																																																																					3:30 PM				
4:00 PM	SWIM TEAM 4 – 5:15 PM								YOUTH LESSONS 3:45 – 7:05 PM				YOUTH & ADULT LESSONS 4 – 8:10 PM				YOUTH LESSONS 4 – 7:05 PM												SWIM TEAM 4 – 5:30 PM																								FAMILY SWIM 3 – 5:45 PM																		4:00 PM																		
4:30 PM																																																																							4:30 PM																		
5:00 PM	YOUTH LESSONS 5:15 – 7:30 PM																																				YOUTH & ADULT LESSONS 4 – 8:10 PM				YOUTH LESSONS 4 – 7:05 PM				SWIM TEAM 4 – 5:30 PM																										FAMILY SWIM 3 – 5:45 PM														4:30 PM				
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6:00 PM																					6:00 PM																																																																				
6:30 PM																					6:30 PM																																																																				
7:00 PM	ADULT LESSONS 7:30 – 8:10 PM				AQUA FIT MOVE IT TO MUSIC 7:10 – 7:55 PM																AQUA FIT MOVE IT TO MUSIC 7:10 – 7:55 PM				PRIVATE LESSONS 7:35 – 8:45 PM								ADULT LAP 7:35 – 8:45 PM																CLOSED								7:00 PM																																
7:30 PM									7:30 PM																																																																																
8:00 PM	PRIVATE LESSONS 8:15 – 8:45 PM		ADULT LAP 8:15 – 8:45 PM						FAMILY SWIM 8 – 8:45 PM								FAMILY SWIM 8 – 8:45 PM												FAMILY SWIM 8 – 8:45 PM																												FAMILY SWIM 8 – 8:45 PM				8:00 PM																												
8:30 PM																																													8:30 PM																																												
LANE #	1	2			3	4	1	2					3	4	1	2																													3	4	1	2					3	4	1	2					3	4	1	2	3	4	1	2	3	4					LANE #														

Friendly Reminders:

- Schedule is effective 1/2/2024 and is subject to change.
- Participants must wear a swim cap.
- Participants must shower before entering the pool.
- Lane sharing is encouraged. Please ask permission to share a lane.
- Circle swim when 3 or more swimmers in a lane. Split the lane when 2 swimmers in the lane.
- Non-lifeguard approved flotation devices such as rafts, inflatables, arm wings, backpacks or monofins (mermaid tail) are not permitted in the pools at anytime.
- Swim Tests mandatory for ages 6-14; speak to Aquatics Director for more details.
- Deep Water Exercise Class - to participate members must be comfortable in deep water.

- Senior Swim- 18 & older; open area of the pool (area without lap lanes).
- Adult Lap- 18 & older 1 or 2 lanes available for lap swimming.
- Family Swim is for all members regardless of age.
- Family Swim: Infants/Toddlers who are not potty trained must wear a fitted plastic covering over disposable swim diapers and be accompanied by an adult.
- Family Swim: Non-swimmers and children 5 and younger must remain in the shallow end within arm's reach of an adult. If child is unable to stand in the shallow end a coast guard approved lifejacket must be worn. Non-swimmers must have an adult in the water at all times.
- Family Swim: Children ages 6- 12 must successfully complete our YMCA's swim assessment to swim in the deep end w/o an adult in the water. Ages 6-12 who are non-swimmers/beginners must have an adult in the water at all times and within arms reach.



WATER EXERCISE SCHEDULE

WINTER 2024



EFFECTIVE JANUARY 2

Please Note:

- Water ex classes use various types of equipment which may include: flotation belts, noodles, barbells, etc.
- Depending on where the class is held – participants should feel comfortable in shallow or deep water. It is okay to stay in the shallow end.
- Participants may use flotation belts or limit themselves to the shallow end of the pool.
- Swim Caps need to be worn at YMCA if you will be submerging your head.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mornin' Mania 6:15am – 7:00am Instructor: Gerry	Aqua Fit HI 11:15am – 12:00pm Instructor: Janet	Mornin' Mania 6:15am – 7:00am Instructor: Gerry	Aqua Fit – Move it to Music 7:10pm – 7:55pm Instructor: Steve	Mornin' Mania 6:15am – 7:00am Instructor: Gerry
Aqua Fit 8:00am – 8:45am Instructor: Gerry	Deep Water Exercise with Noodles 12:05pm – 12:50pm Instructor: Janet	Aqua Fit 8:00am – 8:45am Instructor: Gerry		Aqua Fit 8:00am – 8:45am Instructor: Gerry
	Aqua Fit – Move it to Music 7:10pm – 7:55pm Instructor: Steve	Aqua Fit – Move it to Music 10:00am – 10:45am Instructor: Steve		

REGISTER ON MOTIONVIBE:

<https://www.montclairymca.org/motionvibe/>



CLASS DESCRIPTIONS

MORNIN' MANIA: A great way to start your day! Deep/Shallow combination class that will jumpstart your cardiovascular workout, wake up your muscles with strengthening exercises, and end with morning stretching for maximum flexibility and range of motion.

AQUA FIT: A shallow water medium intensity workout, using water and equipment for resistance, toning muscles, and increasing endurance and flexibility.

DEEP WATER EXERCISE WITH NOODLES: This class combines cardio, muscle toning, strength building and coordination. Have lots of fun while getting a great workout!

AQUA FIT HI: A shallow water, high intensity workout using water and equipment for resistance, toning muscles, increasing endurance and flexibility. A challenging workout for all ages!

AQUA FIT-MOVE IT TO MUSIC: A low-impact class with music but with a medium and high intensity full body workout focused on strength, toning, and balance. We use water and equipment for resistance, toning muscles, and increasing endurance and flexibility.