



LARGE POOL SCHEDULE SPRING 2018

EFFECTIVE FEBRUARY 19TH — JUNE 10TH

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Friendly Reminders:

- Pool Schedules are subject to change and are effective February 19, 2018
- Adult Lap is open to teens 13 yrs and older and all adult members who are swimming laps
- Please circle swim when more than one person in a lane

- Pool schedule has limited evening open lap time to accommodate the Swim Team
- Participants must shower before entering the pool
- All participants must wear a swim cap



SMALL POOL SCHEDULE SPRING 2018

EFFECTIVE FEBRUARY 19TH – JUNE 10TH

TIME	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY				TIME												
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6:00 AM	AQUA FIT 6:15 AM - 7:00 AM				SWIM TEAM 6 AM - 7 AM		ADULT OPEN 6 AM - 7 AM		AQUA FIT 6:15 AM - 7:00 AM				SWIM TEAM 6 AM - 7 AM		ADULT OPEN 6 AM - 7 AM		AQUA FIT 6:15 AM - 7:00 AM				YMCA WEEKEND HRS 7 AM - 7 PM				YMCA WEEKEND HRS 7 AM - 7 PM				6:00 AM												
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The Small Pool is our "teaching pool" and as a YMCA, we are proud to offer all members of our communities the opportunity to learn to swim! We hope you enjoy your time with us. Swim for Life!

Friendly Reminders:

- Pool Schedules are subject to change and are effective February 19, 2018
- Participants must shower before entering the pool
- An adult must accompany a child in the water during Family Swim
- Scheduling Private Lessons are available for current members with active memberships
- Adult Lap is open to teens 13 yrs and older and all adult members who are swimming laps
- All participants must wear a swim cap
- Please circle swim when more than one person in a lane
- Booking Birthday Parties are available for current members with active memberships



WATER EXERCISE SPRING 2018 YMCA OF MONTCLAIR

Spring 2018

Aquacise:

Uses the shallow end of the Small Pool for beginner to moderate level exercise.

Aqua Fitness: Uses the full length of the Large Pool for intermediate level exercise.

Aqua Step: Uses a step platform in the shallow end of the Large Pool for intermediate level exercise.

Special Events: Keep a look out for upcoming special water exercise classes!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Aqua Fitness 6:15 am - 7:00 am Instructor: Gerry Location: Small Pool		Aqua Fitness 6:15 am - 7:00 am Instructor: Gerry Location: Small Pool		Aqua Fitness 6:15 am - 7:00 am Instructor: Gerry Location: Small Pool	
	Aquacise 9:00 am - 9:45 am Instructor: Audrey Location: Small Pool	Aquacise 9:00 am - 9:45 am Instructor: Donna Location: Small Pool	Aquacise 9:00 am - 9:45 am Instructor: Audrey Location: Small Pool	Aquacise 9:00 am - 9:45 am Instructor: Donna Location: Small Pool	Aquacise 9:00 am - 9:45 am Instructor: Gerry Location: Small Pool	Aquacise 8:00 am - 8:45 am Instructor: Theresa Location: Small Pool
	Aqua Step 10:00 am - 10:45 am Instructor: Audrey Location: Large Pool	Aquacise 10:00 am - 10:45 am Instructor: Christine Location: Small Pool	Aqua Step 10:00 am - 10:45 am Instructor: Audrey Location: Large Pool	Aquacise 10:00 am - 10:45 am Instructor: Theresa Location: Small Pool	Aqua Fitness 10:00 am - 10:45 am Instructor: Gerry Location: Large Pool	
		Aqua Fitness 10:00 am - 10:45 am Instructor: Audrey Location: Large Pool		Aqua Fitness 10:00 am - 10:45 am Instructor: Audrey Location: Large Pool		
		Aquacise 7:30 pm - 8:15 pm Instructor: Steve Location: Small Pool		Aquacise 7:30 pm - 8:15 pm Instructor: Steve Location: Small Pool		

Please Note:

- All water exercise classes use various types of equipment which may include: floatation belts, noodles, bar bells, etc.
- Participants should feel comfortable in the water even though they are not deep end swimmers
- Participants could use floatation belts or limit themselves to the shallow end of the pool