





# SMALL POOL SCHEDULE FALL 2018

EFFECTIVE SEPTEMBER 4TH — DECEMBER 16TH

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		1	2	3	4				
5:30 AM	CLOSED				CLOSED				CLOSED				CLOSED				CLOSED				CLOSED				CLOSED				5:30 AM								
6:00 AM	AQUA FIT 6:15 AM - 7:00 AM				SWIM TEAM 6:00 AM - 7:00 AM				AQUA FIT 6:15 AM - 7:00 AM				SWIM TEAM 6:00 AM - 7:00 AM				AQUA FIT 6:15 AM - 7:00 AM				CLOSED				CLOSED				6:00 AM								
6:30 AM																													6:30 AM								
7:00 AM	ADULT LAP AND SENIOR SWIM 7:00 AM - 9:00 AM				ADULT LAP AND SENIOR SWIM 7:00 AM - 9:00 AM				ADULT LAP AND SENIOR SWIM 7:00 AM - 9:00 AM				ADULT LAP AND SENIOR SWIM 7:00 AM - 9:00 AM				ADULT LAP AND SENIOR SWIM 7:00 AM - 9:00 AM				ADULT LAP AND SENIOR SWIM 7:00 AM - 8:00 AM				ADULT LAP AND SENIOR SWIM 7:00 AM - 12:00 PM				7:00 AM								
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8:00 AM																					AQUACISE 8:00 AM - 8:45 AM								8:00 AM								
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9:00 AM	AQUACISE 9:00 AM - 9:45 AM				AQUACISE 9:00 AM - 9:45 AM				AQUACISE 9:00 AM - 9:45 AM				AQUACISE 9:00 AM - 9:45 AM				AQUACISE 9:00 AM - 9:45 AM				AQUACISE 9:00 AM - 9:45 AM				ADULT LESSONS 9:00 AM - 9:45 AM								9:00 AM				
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10:00 AM	ADULT LESSONS 10:00 AM - 10:45 AM				AQUACISE 10:00 AM - 10:45 AM				ADULT LESSONS 10:00 AM - 10:45 AM				AQUACISE 10:00 AM - 10:45 AM				ADULT LAP AND SENIOR SWIM 10:00 AM - 3:00 PM				YOUTH LESSONS 9:50 AM - 1:00 PM				Family Swim 12:00 PM - 2:00 PM				10:00 AM								
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11:00 AM	GROUP LESSONS 11:00 AM - 12:00 PM				ADULT LAP AND SENIOR SWIM 11:00 AM - 3:00 PM				GROUP LESSONS 11:00 AM - 12:00 PM																				11:00 AM								
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3:00 PM	Private Lesson 3:00 PM - 4:00 PM				Private Lesson 3:00 PM - 4:00 PM				PRIVATE LESSONS 3:00 PM - 4:00 PM				PRIVATE LESSONS 3 PM - 4 PM		YOUTH SWIM 3:00 PM - 5:30 PM		Private Lesson 3:00 PM - 4:00 PM				YOUTH SWIM 3:00 PM - 5:00 PM												3:00 PM				
3:30 PM																																	3:30 PM				
4:00 PM	YOUTH LESSONS 4:00 PM - 5:30 PM				YOUTH SWIM 4:00 PM - 4:45 PM				YOUTH LESSONS 4:00 PM - 5:30 PM				YOUTH LESSONS 4 PM - 5 PM		YOUTH SWIM 3:00 PM - 5:30 PM		YOUTH SWIM 4:00 PM - 5:30 PM				BIRTHDAY PARTIES 3:00 PM - 5:00 PM								4:00 PM								
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5:30 PM	YOUTH LESSONS 5:30 PM - 7:00 PM		SWIM TEAM 5:30 PM - 6:55 PM		YOUTH LESSONS 4:45 PM - 7:30 PM				SWIM TEAM 5:30 PM - 6:55 PM				SWIM TEAM 5:30 PM - 7:30 PM		YOUTH LESSONS 5:30 PM - 7:30 PM		SWIM TEAM 5:30 PM - 7:00 PM				FAMILY SWIM 5:00 PM - 7:00 PM				Youth SWIM 5:00 PM - 7:00 PM								5:30 PM				
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7:30 PM																																					7:30 PM
8:00 PM	ADULT LESSONS 7:45 PM - 8:30 PM				AQUACISE 7:30 PM - 8:15 PM				ADULT LESSONS 7:45 PM - 8:30 PM				AQUACISE 7:30 PM - 8:15 PM				FAMILY SWIM 7:00 PM - 8:30 PM				CLOSED				CLOSED				8:00 PM								
8:30 PM																																					8:30 PM
9:00 PM	LIFEGUARD CLASS 8:30 PM - 10:00 PM				ADULT LESSONS 8:30 PM - 9:15 PM				LIFEGUARD CLASS 8:30 PM - 10:00 PM				ADULT LESSONS 8:30 PM - 9:15 PM				CLOSED																				
9:30 PM					CLOSED																																9:30 PM
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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	1	2	3	4	1	2	3	4	LANE #

**Please Note:**

- Pool Schedules are subject to change and are effective Sept. 10, 2018
- Participants must shower before entering the pool
- An adult must accompany a child in the water during Family Swim
- 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



# WATER EXERCISE

## FALL 2018 YMCA OF MONTCLAIR

### FALL 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
<b>Aqua Fitness</b> 6:15 am - 7:00 am Instructor: <b>Gerry</b> Location: Small Pool		<b>Aqua Fitness</b> 6:15 am - 7:00 am Instructor: <b>Gerry</b> Location: Small Pool		<b>Aqua Fitness</b> 6:15 am - 7:00 am Instructor: <b>Gerry</b> Location: Small Pool	
<b>Aquacise</b> 9:00 am - 9:45 am Instructor: <b>Audrey</b> Location: Small Pool	<b>Aquacise</b> 9:00 am - 9:45 am Instructor: <b>Donna</b> Location: Small Pool	<b>Aquacise</b> 9:00 am - 9:45 am Instructor: <b>Audrey</b> Location: Small Pool	<b>Aquacise</b> 9:00 am - 9:45 am Instructor: <b>Donna</b> Location: Small Pool	<b>Aquacise</b> 9:00 am - 9:45 am Instructor: <b>Gerry</b> Location: Small Pool	<b>Aquacise</b> 8:00 am - 8:45 am Instructor: <b>Theresa</b> Location: Small Pool
<b>Aqua Step</b> 10:00 am - 10:45 am Instructor: <b>Audrey</b> Location: Large Pool	<b>Aquacise</b> 10:00 am - 10:45 am Instructor: <b>Christine</b> Location: Small Pool	<b>Aqua Step</b> 10:00 am - 10:45 am Instructor: <b>Audrey</b> Location: Large Pool	<b>Aquacise</b> 10:00 am - 10:45 am Instructor: <b>Theresa</b> Location: Small Pool	<b>Aqua Fitness</b> 10:00 am - 10:45 am Instructor: <b>Gerry</b> Location: Large Pool	
	<b>Aqua Fitness</b> 10:00 am - 10:45 am Instructor: <b>Audrey</b> Location: Large Pool		<b>Aqua Fitness</b> 10:00 am - 10:45 am Instructor: <b>Audrey</b> Location: Large Pool		
	<b>Aquacise</b> 7:30 pm - 8:15 pm Instructor: <b>Steve</b> Location: Small Pool		<b>Aquacise</b> 7:30 pm - 8:15 pm Instructor: <b>Steve</b> 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