



# LARGE POOL SCHEDULE FALL 2017

EFFECTIVE SEPTEMBER 5TH — DECEMBER 17TH

TIME	MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						SATURDAY						SUNDAY						TIME																																																												
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**Please Note:**

- Pool Schedules are subject to change and are effective Sept. 5, 2017
- Please circle swim when more than one person in a lane
- Participants must shower before entering the pool
- Adult Lap is open to teens 13 yrs and older and all adult members who are swimming laps
- Pool schedule has limited evening open lap time to accommodate the Swim Team
- All participants must wear a swim cap



# SMALL POOL SCHEDULE FALL 2017

EFFECTIVE SEPTEMBER 5TH — DECEMBER 17TH

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 6:00 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																												
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Please Note:

- Pool Schedules are subject to change and are effective Sept. 5, 2017
- Participants must shower before entering the pool
- An adult must accompany a child in the water during Family Swim
- Please circle swim when more than one person in a lane
- All participants must wear a swim cap
- Adult Lap is open to teens 13 yrs and older and all adult members who are swimming laps



# WATER EXERCISE FALL 2017 YMCA OF MONTCLAIR

## FALL 2017

**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.