

LARGE POOL SCHEDULE 2024

Effective - January 2, 2024

TIME		IDAY	1 2	TUESDAY		WEDNESDAY		THURSDAY		RIDAY	SATU	RDAY		SUNDAY	TIME
5:15 AM	1 2 3 4 5 6 1			3 4	5 6	1 2 3 4 5 6	1 2 3 4 5 6		1 2 3 4 5 6		1 2 3 4 5 6 1 2 3 4 5 6				5:15 AM
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7:30 PM							6:15 - 8:25 PM							7:30 PM	
8:00 PM 8:30 PM			SWIM TEAM 8:25-9 PM	1			SWIM TEAM 8:25-9 PM	-							8:00 PM 8:30 PM
LANE #	1 2 3	4 5 6	8:25-9 PM 1 2	3 4	5 6	1 2 3 4 5 6	8:25-9 PM 1 2	3 4 5 6	1 2 3	4 5 6	1 2 3	4 5 6	1 2	3 4 5 6	LANE#

Friendly Reminders:

- 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.

- 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.



SMALL POOL SCHEDULE 2024

Effective - January 2, 2024

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7:30 AM					SENIOR SWIM 7 - 8 AM					T - 8 AM	LAP 7 - 8 AM	LESSONS 7 - 8:25 AM 7	LAP 7 - 8:25 AM	7:30 AM
8:00 AM	8 - 8:45 AM		0.13 - 3 AM		AQUA FIT				AQUA FIT				0.23744	8:00 AM
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12:00 PM			DEEP WATER EXERCISE w/NOODLES 12:05 - 12:50 PM										10:30AM - 1 PM	12:00 PM
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8:30 PM	PRIVATE LESSONS ADULT LAP		8 - 8:45 PM		PRUGRAMS	8 - 8:45 PM 8-8:45 PM		7.55 · 0:45 FM						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 & older1 or 2 lanes available for lap swimming.
- Family Swim is for all members regardless of age.
- Family Swim: Infants/Toddlers who are not porty 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.