

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATU	SATURDAY		SUNDAY	
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LANE #	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	1 2 3	4 5 6	1 2 3	4 5 6	LANE #

## 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**

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	
5:30 AM	CLOSED	CLOSED	CLOSED	CLOSED		CLOSED		CLOSED		CLOSED		5:30 AM		
6:00 AM	AQUA FIT	SWIM TEAM	AQUA FIT	<b>SWIM TEAM</b> 6:00 AM-7:00 AM		<b>AQUA FIT</b> 6:15 AM-7:00 AM						6:00 AM		
6:30 AM	6:15 AM-7:00 AM	6:00 AM-7:00 AM	6:15 AM-7:00 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 - 8:00 AM AQUACISE						7:00 AM
7:30 AM	ADULT LAP AND SENIOR SWIM	ADULT LAP AND SENIOR SWIM	ADULT LAP AND SENIOR SWIM							ADULT LAP AND SENIOR SWIM 7:00 AM - 12:00 PM  Family Swim 12:00 PM - 2:00 PM		7:30 AM		
8:00 AM	7:00 AM-9:00 AM	7:00 AM-9:00 AM	7:00 AM-9:00 AM									8:00 AM		
8:30 AM								8:00 AM - 8:45 AM				8:30 AM		
9:00 AM	AQUACISE	AQUACISE	AQUACISE	<b>AQUACISE</b> 9:00 AM-9:45 AM		<b>AQUACISE</b> 9:00 AM-9:45 AM		ADULT LESSONS 9:00 AM - 9:45 AM				9:00 AM		
9:30 AM	9:00 AM-9:45 AM	9:00 AM-9:45 AM	9:00 AM-9:45 AM									9:30 AM		
10:00 AM	ADULT LESSONS	AQUACISE	ADULT LESSONS	AQUACISE		ADULT LAP AND SENIOR SWIM 10:00 AM-3:00 PM		YOUTH LESSONS 9:50 AM - 1:00 PM  PRIVATE LESSONS 1:00 PM - 2:00 PM				10:00 AM		
10:30 AM	10:00 AM-10:45 AM	10:00 AM-10:45 AM	10:00 AM-10:45 AM	10:00 AM-10:45 AM								10:30 AM		
11:00 AM	GROUP LESSONS		GROUP LESSONS	ADULT LAP AND SENIOR SWIM 11:00 PM-3:00 PM								11:00 AM		
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6:00 PM	LESSONS TEAM	YOUTH	SWIM TEAM	SWIM YOUTH TEAM LESSONS	_	<b>SWIM TEAM</b> 5:30 PM -7:00 PM		<b>FAMILY SWIM</b> 5:00 PM-7:00 PM		6:00 PM				
6:30 PM	5:30 PM -   5:30 PM -   7:00 PM   6:55 PM	<b>LESSONS</b> 4:45 PM <b>-</b> 7:30 PM	5:30 PM -6:55 PM							6:30 PM				
7:00 PM	YOUTH LESSONS		YOUTH LESSONS	5:30 PM - 5:30 PM - 7:30 PM - 7:30 PM								7:00 PM		
7:30 PM	7:00 PM <b>-</b> 7:40 PM		7:00 PM <b>-</b> 7:40 PM			<b>FAMILY SWIM</b> 7:00 PM-8:30 PM		CLOSED		CLOSED		7:30 PM		
8:00 PM	ADULT LESSONS	AQUACISE	ADULT LESSONS	<b>AQUACISE</b> 7:30 PM -8:15 PM								8:00 PM		
8:30 PM	7:45 PM - 8:30 PM	7:30 PM -8:15 PM	7:45 PM -8:30 PM									8:30 PM		
9:00 PM	LIEECHARD CLASS	ADULT LESSONS	LIEEGHARD CLASS	ADULT LESSONS								9:00 PM		
9:30 PM	B:30 PM -10:00 PM	8:30 PM - 9:15 PM		8:30 PM - 9:15 PM		CLOSED						9:30 PM		
10:00 PM		CLOSED		CLOSED										10:00 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#

# 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
- All participants must wear a swim cap

- Please circle swim when more than one person in a lane
- 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		
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.