Winter Session 1/2/18 - 2/25/18

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5:00am	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday	Sat	urday
5:15am 5:30am 5:45am													
6:00am 6:15am 6:30am 6:45am 7:00am 7:15am 7:30am 7:45am	Adult Lap Swim 6:00am - 8:00am Water Exercise Class 8:00am - 8:45am		Adult Lap Swim 5:00am - 9:00am		Adult Lap Swim 5:00am - 9:00am		Adult Lap Swim 5:00am - 9:00am		Adult Lap Swim 5:00am - 9:00am		Adult Lap Swim 5:00am - 9:00am	Adult Lap Swim 6:00am - 9:00am	
8:00am 8:15am 8:30am 8:45am													
9:15am 9:30am 9:45am	Private Lesson Master's Swim 9:00am - 10:00 am		Water Exercise Class 9:00am - 9:45am		Aqua Exercise 9:00am - 9:45am		Water Exercise Class 9:00am - 9:45am		Water Exercise Class 9:00am - 9:45am		Water Exercise Class 9:00am - 9:45am	Private Swim Lessons 9:00am -9:30am	
10:00am 10:15am 10:30am 10:45am	Youth Swim Lessons		Parent/Child Swim Lessons 10:00am - 11:00am		Adult Rec Swim 10:00am - 11:00am		Nursey School Swim Lessons 10:00am - 11:00am		Adult Rec Swim 10:00am - 11:00am		Parent/Child Swim Lessons 10:00am - 11:00am	Preschool Swim Lessons Parent/Child Swim Lessons	
11:00am 11:15am 11:30am 11:45am	9:30am - 12:30pm			Adult Lap Swim 11:00am - 12:00pm		Adult Lap Swim 11:00am - 12:00pm		Adult Lap Swim 11:00am - 12:00pm		ap Swim - 12:00pm	Adult Lap Swim 11:00am - 12:00pm	9:30am -12:00pm	
12:00pm 12:15pm 12:30pm 12:45pm	Adult Rec Swim 12:30pm - 1:30pm Youth Rec Swim		Adult Rec Swim 12:00pm - 1:00pm Water Exercise Class 1:00pm - 1:45pm		Adult Rec Swim	Preschool Rec Swim	Adult Rec Swim 12:00pm - 1:00pm		Adult Rec Swim	Preschool Rec Swim	Adult Rec Swim Family Sv 12:00pm - 1:00pm 12:00pm - 1		
1:00pm 1:15pm 1:30pm 1:45pm					12:00pm - 2:00pm 12:00pm - 2:00pm		Water Exercise Class 1:00pm - 1:45pm		12:00pm - 2:00pm 2:00pm - 2:00pm		Adult Lap Swim 1:00pm - 2:00pm	Youth Swim Lessons 1:00pm - 3:15pm Swim Testing 3:15pm-3:30pm	
2:00pm 2:15pm 2:30pm	1:30pm-2:30pm		Preschool Rec Swim 2:00pm - 2:45pm		Water Exercise Class 2:00pm - 2:45pm		Preschool Rec Swim 2:00pm - 2:45pm		Adult Rec Swim 2:00pm - 3:15pm Pool Maintenance		Water Exercise Class 2:00pm - 2:45pm		
2:45pm 3:00pm 3:15pm	Family Rec Swim 2:30pm - 3:30pm		Adult Rec Swim 2:45pm - 3:15pm Pool Maintenance		Pool Maintenance 2:45 pm - 3:30pm		Adult Rec Swim 2:45pm - 3:15pm Pool Maintenance				Pool Maintenance 2:45 pm - 3:30pm		
3:30pm 3:45pm 4:00pm 4:15pm 4:30pm 4:45pm	Adult Swim Lessons 3:30pm - 5:00pm		Preschool/ Youth Swim Lessons 3:30pm - 5:30pm		Preschool/ Youth Swim Lessons 3:30pm - 5:30pm		Preschool/ Youth Swim Lessons 3:30pm - 5:30pm		Preschool/ Youth Swim Lessons 3:30pm - 5:30pm		Preschool/ Youth Swim Lessons 3:30pm - 5:30pm	Youth Lap Swim 3:30pm - 5:00pm 3:30pm - 5:00pm	
5:00pm 5:15pm 5:30pm	Pool 5:00pm -	,	Youth Lap 5:30-										
5:45pm 6:00pm 6:15pm 6:30pm 6:45pm	Adult Lap Swim		6:00pm 6:00pm Family Swim 6:00pm - 6:55pm		6:00pm 6:00pm Family Swim 6:00pm - 6:55pm		6:00pm 6:00pm Pool Maintenance		6:00pm 6:00pm Family Swim 6:00pm - 6:55pm		6:00pm 6:00pm Family Swin Adult Lap Swim 5:00pm - 6:5 6:00pm - 6:45pm		
7:00pm 7:15pm 7:30pm 7:45pm	6:00pm-8:00pm		Adult Swim Lesson 7:00pm - 7:45pm		Tri Swim Class 7:00pm - 7:45pm				Adult Lap Swim 7:00pm - 8:00pm			Adult Rec Swim 7:00pm - 8:00pm	
8:00pm 8:15pm 8:30pm 8:45pm	Adult Rec Swim 8:00pm-8:30pm		Adult Lap Swim 8:00pm - 9:00pm		Adult Lap Swim 8:00pm - 9:00pm		Scuba 8:00pm - 9:30pm		Aqua Exercise 8:00pm - 8:45pm				Lap Swim - 9:30pm
9:00pm 9:15pm 9:30pm			Adult Rec Swim 9:00pm - 9:30pm		Adult Rec Swim 9:00pm - 9:30pm				Adult Rec Swim 9:00pm - 9:30pm			О.ООРІП	3.33pm
9:45pm 10:00pm			Adult La 9:30pm -		Adult La 9:30pm -		Adult La 9:45pm -		Adult La 9:30pm -				

AQUATICS DIRECTOR: Romulus Staton Email: rstaton@ymcanyc.org & PHONE (718)981-4933 ext 1416

PLEASE SEE "SAFE POOLS HAVE RULES"