

# GROWING STRONGER TOGETHER



For a better us.™  
[YMCALI.org](http://YMCALI.org)

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## FALL 2018 | Program Guide YMCA EAST HAMPTON RECENTER

Fall Programs run  
September 9 – November 17  
Registration Begins August 26  
(9-week session)

### FACILITY HOURS

Monday – Thursday  
Friday  
Saturday & Sunday

5:00 am – 10:00 pm  
5:00 am – 7:00 pm  
6:00 am – 6:00 pm

### TWO WAYS TO REGISTER:



Starting August 26th:  
[ONLINE YMCALI.org/programs](http://ONLINE YMCALI.org/programs)



OR  
IN PERSON

The YMCA East Hampton RECenter — a collaborative partnership between the Town of East Hampton, the Village of East Hampton, and the YMCA of Long Island — is a true gem among the surrounding riches of the world-famous Hamptons! The 21,000-square foot facility features modern architecture that fills the interior with natural light, giving members a bright and welcoming place to connect and get fit.

- New Wellness Center
  - Cardio Equipment
  - Strength Training Equipment (Free Weights & Circuit Training)
  - Multi-Purpose Dance Studio
  - Technology Center
  - Education Room
- Outdoor Multi-Purpose Court
- Rock Wall & Inflatables
- Indoor, 25-Yard, 6-Lane Lap Pool
- Indoor, Smaller Instructional and Family Swim Pool

## PARKING

For everyone's safety, we ask that you do not park or wait in handicap-accessible parking or non-parking marked areas. Parking is available in the long-term lot across the street for up to 23 hours if the YMCA parking lot is full.

**Serving the communities of East Hampton, Springs, Amagansett, Sag Harbor, Wainscott, Montauk, Southampton, Bridgehampton, Sagaponack, Hampton Bays, Water Mill, Westhampton, Quogue and beyond.**



## QUARTERLY AQUATIC CENTER MAINTENANCE

**Fall: September 4 – September 9 (Aquatic Center Closed)**

\* During Pool Cleaning and Maintenance, the YMCA will experience periods of low water pressure. Please plan accordingly.

## FOR YOUTH DEVELOPMENT

### YMCA EAST HAMPTON RECENTER HURRICANES SWIM TEAM

Our team is a USA Swimming year-round competitive swim team offering high-quality professional coaching and technique instruction for all ages and abilities. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to international competitor.

#### FALL SWIM SESSION

September 10, 2018 - March 29, 2019

#### FALL SESSION TRYOUTS

August 31, 5:00pm-6:00pm

September 10, 4:00pm-5:00pm

### SCHOOL BREAK CAMPS (Ages 4-14)

When school is out and your children are looking for something fun to do, the Y has you covered! Activities include: swimming, games, arts & crafts, field trips, sports & fitness, cultural arts classes, and more!

**9:00am – 5:00pm** \$36 per day

**8:00am – 6:00pm** \$46 per day

- September 10 (Rosh Hashanah)
- September 19 (Yom Kippur)
- October 8 (Columbus Day)
- November 12 (Veterans Day)
- December 26-28 (Winter Recess)
- January 21 (MLK, Jr. Day)
- February 18-22 (Mid-Winter Recess)
- April 22-26 (Spring Recess)

## FREE YOUTH & TEEN PROGRAMS

### CAPITAL ONE Y FORCE: TEENS IN TRAINING

The YMCA is the perfect "training ground" for teen employment. Every summer, thousands of teens set out to find summer employment. The partnership between Capital One and the YMCA of Long Island seeks to develop the skills and talents of young adults, provide certifications, mentorship, possible future employment and career growth.

**CIT Program (Grades 7-9): Wednesdays 5:00pm-6:00pm (September 12 – November 14)**

### FRIDAY NIGHT PRE-TEEN & TEEN PROGRAM

At the Y, we truly believe that all pre-teens and teens should be able to gather in a safe and structured environment to socialize and explore their interests. Led by our professional youth development staff, our program activities include recreational swim, fitness classes, basketball, soccer, rock climbing, life skills, robotics, video game tournaments, peer mentoring, field trips, and much more. Registration by a parent or guardian is required. **Fridays, 7:00pm-9:30pm (October-June)**

### LEADERS CLUB (Ages 12-16)

YMCA Leaders Club is a nation-wide community service-based program that helps teens discover their full potential as leaders. Whether you are looking to be involved with the community or learn new life skills, Leaders Club is a perfect opportunity to learn and grow.

Leaders Club meets once a week. Members participate in social events, service projects, and the opportunity to also participate in workshops from team building to preparing for high school and college. Leaders Club is also an ideal way to earn community service hours for school! **Thursdays, 6:00pm-7:00pm (October - June)**



# NEW SWIM LESSONS

CLASS	SUN	MON	TUES	WED	THURS	FRI	SAT
Stage A: Water Discovery Infant & Toddler (6 months -3 years)	10:30-11:00am	10:15-10:45am		6:00-6:30pm	10:00-10:30am		12:15-12:45pm
Stage 1: Water Acclimation Preschool (3-5 years)	9:30-10:15am	4:00-4:45pm	3:30-4:15pm		3:45-4:30pm		9:45-10:30am 10:35-11:20am
Stage 1: Water Acclimation School Age (5 -12 years)			5:15-6:00pm		3:45-4:30pm	4:45-5:30pm	11:30am-12:15pm
Stage 2: Water Movement Preschool (3-5 years)	9:30-10:15am	4:45-5:30pm			5:30-6:15pm	3:45-4:30pm	10:30-11:15am
Stage 2: Water Movement School Age (5 -12 years)				5:15-6:00pm	3:45-4:30pm	4:00-4:45pm	10:00-10:45am
Stage 3: Water Stamina Preschool (3-5 years)		4:00-4:45pm	3:30-4:15pm		5:30-6:15pm	3:45-4:30pm	10:45-11:30am
Stage 3: Water Stamina School Age (5 -12 years)		5:00-5:45pm		5:15-6:00pm		4:00-4:45pm	9:45-10:30am
Stage 4: Stroke Introduction Preschool (3-5 years)			5:00-5:45pm	4:30-5:15pm	5:00-5:45pm		9:00-9:45am
Stage 4: Stroke Introduction School Age (5 -12 years)		5:00-5:45pm				4:45-5:30pm	9:00-9:45am
Stage 5: Stroke Development School Age (5 -12 years)						5:30-6:15pm	11:25am-12:10pm
Stage 6: Stroke Mechanics School Age (5 -12 years)						5:30-6:15pm	
Capital One Y Force: Teens In Training					4:00-5:00pm		
COMPETITION							
Freshman			3:45-4:45pm		3:45-4:45pm		9:00-10:00am
Sophomore		3:30-5:00pm	3:30-5:00pm	3:30-5:00pm		3:30-5:00pm	
Junior		5:30-7:30pm	5:30-7:30pm	5:30-7:30pm	5:30-7:30pm		10:00am-12:00pm
Senior		5:00-7:00pm	5:00-7:00pm	5:00-7:00pm	5:00-7:00pm	5:00-6:00pm	10:00am-12:00pm
Nationals			5:30-6:30am			5:30-6:30am	
RECREATION							
Swim Club			5:00-6:00pm		5:00-6:00pm		9:00-10:00am
Sensational Swim							5:00-6:00pm
WATER FITNESS							
Masters		6:00-7:30am	6:00-7:30am	6:00-7:30am	6:00-7:30am	6:00-7:30am	
Mid-Morning Masters		9:30-11:00am		9:30-11:00am		9:30-11:00am	
Evening Masters			7:30-9:00pm		7:30-9:00pm		

All schedules are subject to change.

## MASTERS SWIM

For adults wishing to improve or build on their basic swim technique and body conditioning. Ideal for those wanting to learn swim drills, design personal workouts, and improve their freestyle, backstroke, turn skills, and overall endurance.

## CAPITAL ONE Y FORCE: TEENS IN TRAINING

The YMCA is the perfect "training ground" for teen employment. Every summer, thousands of teens set out to find summer employment. The partnership between Capital One and the YMCA of Long Island seeks to develop the skills and talents of young adults, provide certifications, mentorship, possible future employment and career growth. **Lifeguarding Program: Thursdays 4:00pm-5:00pm (September 13 - November 15)**

## FALL SWIM SESSION FEES (9-WEEK SESSION)

	Full Members	Program Members
INFANT/PARENT LESSONS	\$140	\$175
PRESCHOOL LESSONS	\$140	\$175
PROGRESSIVE LESSONS	\$140	\$175
YOUTH SWIM CLUB		
Once per week*	\$150	\$185
MASTERS SWIM		
Morning (Tu, Th) or Evening	\$195	\$230
Morning (M, W, F)		
OR Mid-Morning	\$215	\$250
Freedom 2-Day	\$235	\$270
Freedom 3-Day	\$275	\$310

\*Discounts available for youth registering for more than one day per week.

**The YMCA reserves the right to charge a \$30 late fee on all registrations that take place after the start of a session.**

## FITNESS CLASSES

Pre-registration for fitness classes is recommended.

**Registration opens 18 hours before the start of a class and may be done online through our website or through our app** (visit your app store and search "YMCA of Long Island" to download). Please arrive for classes no later than 5 minutes before the start of a class. In the event you do not arrive 5 or more minutes early for your class, the YMCA reserves the right to give your space to someone on our waiting list. **The YMCA reserves the right to charge a \$25 fee to registrants who do not show up to classes registered for.**

## STRENGTH & CONDITIONING

### Functional Fitness Outdoors

This group circuit training workout will be held outdoors (weather permitting). Jorge Alvarado, YMCA Personal Trainer and Group Exercise Instructor will take you through a challenging flexibility, stabilization, strength, and core training program. Bring sunscreen/hat, water, and towel.

### Studio Cycling

Ride to be fit! Improve your cardiovascular fitness level with an inspiring group cycling experience.

### Total Body Conditioning

A fast-paced workout that combines intense cardio with strength training to improve overall fitness.

### TRX Suspension Training

Train like a champion! Our TRX Suspension Training classes will help you develop strength, power, endurance, and core stability.

### Les Mills Body Pump

The original Les Mills BODYPUMP® barbell class that shapes, tones, and strengthens your entire body is here! The key to BODYPUMP is THE REP EFFECT®, a breakthrough in fitness training that focuses on high repetition movements with low weight loads. Get the results you are looking for... FAST!

### Zumba

Lose yourself in the music and find yourself in shape at the original fitness dance party. Classes feature exotic rhythms set to high-energy Latin and international beats.

## MIND & BODY

### Mindful Yoga

Yoga for the young at heart. Gentle stretching Yoga movements to increase blood flow and circulation. Mindful meditation with the gift of peace to take with you when you leave.

### Stretch with Foam Roller

In a small group session, we will use a roller as well as perform static and dynamic stretching to release and lengthen the muscles of the body. We will end this session with meditation and essential oils. Rosie is a YMCA Personal Trainer and a Group Exercise Instructor.

### Flexible Bodies in Movement

Join Henry to improve balance and functional movement. Train your muscles to work together and prepare them for daily tasks by simulating common movements. Henry is a YMCA Personal Trainer and Group Exercise Instructor.

## ACTIVE OLDER ADULTS

### Mindful Yoga in the Chair

Using a chair to perform all Yoga stretches without ever having to get down on the floor.

### Arthritis Water Exercise

Uses a series of gentle movements to help maintain range of motion and strengthen muscles. Approved by the L.I. Chapter of the Arthritis Foundation.

### Aqua Zumba

All the fun of Zumba with the gentle support of the water. High-energy and motivating music allow participants to dance away their cares.

### Silver Sneakers

Have fun and move to the music through a variety of exercises designed to increase muscular strength, improve range of movement, and mimic activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance training. A chair may be used for seated and/or standing support.

### Restorative Yoga

Yoga stretches to lengthen and to strengthen your body ending with mindful meditation. This class does require you to get down on a mat on the floor.

## CHRONIC DISEASE PREVENTION & RECOVERY PROGRAMS

### PARKINSON'S DISEASE PROGRAMS

Research in the area of Parkinson's Disease indicates that exercise has been shown to improve self-confidence and independence, decrease the risk of falls, minimize fatigue, reduce rigidity, and improve mobility. Now celebrating 1 year together, program participants have shaped our classes to reflect our community's need for expanded Parkinson's programs with Y professional staff everyday.

**P.O.P (Power Over Parkinson's)** Thursday 1:00 - 2:00pm

**Parkinson's Support Group** Thursday 2:00 - 3:00pm

**Y Boxing** Thursday 6:00 - 7:00pm

### LIVESTRONG

This is a free, 12-week program for cancer survivors who want to regain or maintain their health. LIVESTRONG is a group-based exercise program that meets twice a week for 90 minutes in either the fitness center or an exercise studio. Our staff of certified coaches provides a supportive, safe environment for each class. Please contact the Health & Wellness Director for more information.

### GRUPO DE APOYO PARA MUJERES LATINAS CON CANCER

Las reuniones seran en el YMCA una ves al mes. Tendremos nuestras platicas en un lugar seguro y comodo. Estaremos hablando sobre problemas en la familia, sus luchas y como solucionar estas problemas. Para mas informacion por favor contacte Claudia Gonzalez.



## FOR HEALTHY LIVING

### PRIVATE & SEMI-PRIVATE SWIM LESSONS AVAILABLE!

Group lessons are not for everyone. Don't give up! Try a private or semi-private lesson. Lessons are available for all ages and abilities. Private and semi-private lessons are available as either 30-minute or 1-hour lessons.

#### PRIVATE LESSONS

##### 1 Lesson

30 Minutes: Full-\$50, Program \$60, Non-Member \$70  
60 Minutes: Full \$90, Program \$105, Non-Member \$120

##### 5 Lessons

30 Minutes: Full \$225, Program \$270, Non-Member \$315  
60 Minutes: Full \$375, Program \$420, Non-Member \$465

#### SEMI-PRIVATE LESSONS

Pricing is per student. The Y does not match participants.

##### 1 Lesson

30 Minutes: Full-\$35, Program \$45, Non-Member \$55  
60 Minutes: Full \$55, Program \$65, Non-Member \$75

##### 5 Lessons

30 Minutes: Full \$160, Program \$205, Non-Member \$250  
60 Minutes: Full \$225, Program \$270, Non-Member \$315

## PERSONAL & SMALL GROUP TRAINING

Team up with a YMCA Personal Trainer and reach your goals for good! The YMCA offers a variety of private and small group training packages to help meet and maintain your health and wellness goals. Our trainers' expert advice and personalized attention can provide you with the knowledge needed to keep you motivated and make lasting lifestyle changes.

### NEW - AQUA PERSONAL TRAINING

Complete your cardiovascular and strength training workouts all in one place in our newly renovated aquatic center. With the addition of our state-of-the-art Aqua Boom for low-impact/high-intensity training system, your wellness training goals will soar to new heights. Additional fees may apply.

## PERSONAL TRAINING

Participants must have current memberships.

- (1) Half-Hour Session \$35
- (1) One-Hour Session \$70
- (4) One-Hour Sessions \$258
- (8) One-Hour Sessions \$485
- (12) One-Hour Sessions \$685
- (24) One-Hour Sessions \$1,288

## SPORTS & RECREATION Starts October 8th - Programs are outdoors and will be held weather permitting.

CLASS	SUN	MON	TUES	WED	THURS	FRI	SAT
PICKLEBALL		7:30-9:30am		7:30-9:30am			8:30-10:30am
VOLLEYBALL		11:00am-12:00pm	3:30-4:30pm	11:00am-12:00pm	3:30-4:30pm		11:00am-12:00pm
BASKETBALL		3:30-5:30pm		3:30-5:30pm			2:30-3:30pm
SOCCER (Youth Only)			5:30-7:30pm	5:30-7:30pm	5:30-7:30pm		12:00-2:00pm
BOXING (Youth Only)			4:00-6:00pm		4:00-6:00pm		

### MULTI-SPORT CLINICS

YMCA sports clinics help athletes develop specific skills in particular sports. When participating in clinics at the YMCA, youth are sure to improve on skills, make friends, and have fun. Everyone plays, learns, and wins in sports clinics at the YMCA. Clinics are available for Basketball, Volleyball, Soccer, and more, and are available in half-day options to provide you with the intensity and flexibility you need.

**Multi-Sport Clinics Ages 7 - 14** (Every school break)

**AM 1/2 day** 8:00am-1:00pm \$23 per day

**PM 1/2 day** 1:00pm-6:00pm \$23 per day

- September 10 (Rosh Hashanah)
- September 19 (Yom Kippur)
- October 8 (Columbus Day)
- November 12 (Veterans Day)
- November 21, 23 (Thanksgiving Break)
- December 26-28 (Winter Recess)
- January 21 (MLK, Jr. Day)
- February 18-22 (Mid-Winter Recess)
- April 22-26 (Spring Recess)

### COACH IN TRAINING (C.I.T.)

Our Coach-In-Training (CIT) program is for teens ages 14-16 looking to join our sports and fitness department. Youth learn through mentoring with YMCA professional staff, sports, and fitness training.

### SPECIAL EVENTS

#### FREE FAMILY MOVIES

Come join us for **FREE** nights of family fun on Mondays from 7:30pm-9:00pm in September and October! Family members of all ages are invited to spend time together watching some of our favorite family-friendly films. Sponsored by Clifford Ross. Please note that there will be no movie on Monday, October 8 (Columbus Day).

Schedules are subject to change.

## CULTURAL ARTS

### PRE SCHOOL DANCE – BALLET/TAP

**FEES:** Full \$140 Program \$175

**Ages 3 & 4** Tuesday 3:30-4:15pm

**Ages 3 & 4** Thursday 3:30-4:15pm

Dancers will begin to incorporate basic ballet and tap technique into their creative movement. Learning beginning foot and arm positions, dancers will begin developing a dance vocabulary while also being introduced to different ways of moving, while increasing flexibility, strength, and coordination.

### COMBO BALLET / TAP

**FEES:** Full \$140 Program \$175

**Ages 5 & 6** Thursday 4:30-5:25pm

**Ages 7-10** Tuesday 4:30-5:25pm

Students learn dance techniques in both Ballet and Tap and build confidence, discipline, terminology, imagination, music interpretation in a non-competitive atmosphere High-energy dance class for participants who will develop balance and coordination while learning age-appropriate dance steps and rhythm.

### POM

**FEES:** Full \$140 Program \$175

**Ages 10-14** Thursday 5:30-6:25pm

Pom is a unique style of dance that accentuates precise and sharp arm movements and technique while holding pom poms in hand. Jazz and Hip-Hop are the two styles that are demonstrated most in Pom routines with Cheer style moves incorporated. Dancers will work up a sweat while learning basic dance skills that increase flexibility, strength, self-awareness and cooperation.

## MUSIC

### VOCAL LESSONS

Private and Semi-Private lessons offer individuals and small groups of all skill levels a chance to advance at their own rate. Get your singing voice pitch-perfect and explore your talents with our professional instructor, Lucy Caracappa!

### PRIVATE LESSONS

#### 1 Lesson

30 Minutes: Full-\$35, Program \$45, Non-Member \$55

60 Minutes: Full \$55, Program \$65, Non-Member \$75

#### 5 Lessons

30 Minutes: Full \$160, Program \$205, Non-Member \$250

60 Minutes: Full \$235, Program \$280, Non-Member \$325

### SEMI-PRIVATE LESSONS

Pricing is per student. The Y does not match participants.

#### 1 Lesson

30 Minutes: Full-\$25, Program \$35, Non-Member \$45

60 Minutes: Full \$40, Program \$50, Non-Member \$60

#### 5 Lessons

30 Minutes: Full \$115, Program \$160, Non-Member \$205

60 Minutes: Full \$180, Program \$225, Non-Member \$270



## IMPORTANT DATES

### QUARTERLY AQUATIC CENTER MAINTENANCE

**Fall: September 4 – September 9 (Aquatic Center Closed)**

\*During Pool Cleaning and Maintenance, the YMCA will experience periods of low water pressure. Please plan accordingly.

### EAST HAMPTON FALL FESTIVAL

**Saturday, October 20 10:00am – 3:00pm**

Herrick Park, East Hampton NY

**SWIM MEET– October 20 (Lap Pool Closed 9:00am–5:00pm)**

**SWIM MEET– November 10 (Lap Pool Closed 12:00pm–6:00pm)**

## PARTY RENTALS

### All Ages – 2 and up

Our specialty parties are designed to make your party the BEST EVER! We offer party packages to fit everyone's needs, with a specialty activity and room to host your party. A host is provided to help make your party run smoothly. Parties are offered on Saturdays and Sundays with the following options:

- Pool • Soccer • Sports • Arts & Crafts • Science • Dance
- Inflatable Moon Bounce • Inflatable Movies • Rockwall

## TRAININGS & CERTIFICATIONS

### AMERICAN RED CROSS & AMERICAN HEART ASSOCIATION CPR CLASSES

The YMCA is a leading provider of CPR and Lifeguard Certification classes. Membership is not required.

Dates are subject to change.

Members: \$50

- Sat, September 15  
12:00pm-6:00pm
- Mon, September 17 and Wed, September 19  
7:00pm-10:00pm
- Sat, October 13 12:00pm-6:00pm
- Mon, October 1 and Wed, October 3  
7:00pm-10:00pm
- Mon, October 15 and Wed, October 17  
7:00pm-10:00pm
- Sat, November 10 12:00pm-6:00pm
- Mon, November 5 and Wed, November 7  
7:00pm-10:00pm
- Mon, November 19 and Wed, November 22  
7:00pm-10:00pm



# AQUATICS

## FALL I 2018 LAP POOL OPEN SWIM – EFFECTIVE 09/10/18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:00 6 LANES OPEN	5:30-6:00 2 LANES OPEN Swim Team	5:30-6:00 6 LANES OPEN	5:30-6:00 6 LANES OPEN	5:30-6:00 2 LANES OPEN Swim Team	6:00-7:00 1 LANE OPEN Swim Team	6:00-9:00 5 LANES OPEN
6:00-7:30 1 LANE OPEN Masters Swim	6:00-6:30 NO LANES OPEN Masters/Swim Team	6:00-7:30 1 LANE OPEN Masters Swim	6:00-7:30 1 LANE OPEN Masters Swim	6:00-6:30 NO LANES OPEN Masters/Swim Team		
7:30-9:30 4 LANES OPEN	7:30-9:00 4 LANES OPEN	7:30-9:30 4 LANES OPEN	7:30-9:00 4 LANES OPEN	7:30-9:30 4 LANES OPEN	7:00-9:00 5 LANES OPEN	9:00-12:00 NO LANES OPEN Swim Team/Classes
9:30-11:00 2 LANES OPEN Classes/Programs	9:00-12:00 3 LANES OPEN Classes/Programs	9:30-11:00 2 LANES OPEN Classes/Programs	9:00-12:00 3 LANES OPEN Classes/Programs	9:30-11:00 2 LANES OPEN Classes/Programs		
11:00-1:00 4 LANES OPEN	12:00-1:00 4 LANES OPEN	11:00-1:00 4 LANES OPEN	12:00-1:00 4 LANES OPEN	11:00-12:00 4 LANES OPEN	12:00-5:30 4 LANES OPEN	9:00-5:30 4 LANES OPEN
1:00-3:30 3 LANES OPEN Classes/Programs	1:00-3:30 3 LANES OPEN Classes/Programs	1:00-3:30 3 LANES OPEN Classes/Programs	1:00-3:30 3 LANES OPEN Classes/Programs	12:00-3:30 3 LANES OPEN Classes/Programs		
3:30-5:00 NO LANES OPEN Swim Team/Classes	3:30-4:45 NO LANES OPEN Swim Team/Classes	3:30-5:00 NO LANES OPEN Swim Team/Classes	3:30-5:00 NO LANES OPEN Swim Team/Classes	3:30-6:00 NO LANES OPEN Swim Team/Classes	5:30 POOL CLOSED	5:30 POOL CLOSED
5:00-6:00 1 LANE OPEN Classes/Programs	4:45-6:00 1 LANE OPEN Classes/Programs	4:45-5:15 2 LANES OPEN Classes/Programs	4:45-6:00 1 LANE OPEN Classes/Programs			
6:00-7:00 NO LANES OPEN Swim Team/Classes	6:00-7:00 NO LANES OPEN Swim Team/Classes	6:00-7:00 NO LANES OPEN Swim Team/Classes	6:00-7:00 NO LANES OPEN Swim Team/Classes	6:00-7:00 2 LANES OPEN Swim Team/Classes	7:00 POOL CLOSED	
7:00-7:30 3 LANES OPEN Swim Team/Classes	7:00-9:00 3 LANES OPEN Programs	7:00-9:30 3 LANES OPEN Programs	7:00-9:00 3 LANES OPEN Programs	9:00-9:30 6 LANES OPEN		
7:30-8:30 4 LANES OPEN Programs	9:00-9:30 6 LANES OPEN		9:00-9:30 6 LANES OPEN			
8:30-9:30 3 LANES OPEN Programs						
9:30 POOL CLOSED	9:30 POOL CLOSED	9:30 POOL CLOSED	9:30 POOL CLOSED			



# AQUATICS

## FALL I 2018 SMALL POOL OPEN SWIM – EFFECTIVE 09/10/18

SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-7:30 POOL CLOSED	5:30-7:30 POOL CLOSED	5:30-7:30 POOL CLOSED	5:30-7:30 POOL CLOSED	5:30-7:30 POOL CLOSED	6:00-7:30 POOL CLOSED	6:00-8:00 POOL CLOSED
7:30-8:00 OPEN SWIM	7:30-8:00 OPEN SWIM	7:30-8:00 OPEN SWIM	7:30-8:00 OPEN SWIM	7:30-8:00 OPEN SWIM	7:30-8:30 OPEN SWIM	
8:00-9:00 AQUA ZUMBA	8:00-9:00 WATER EXERCISE	8:00-9:00 WATER EXERCISE	8:00-9:00 AQUA ZUMBA	8:00-9:00 WATER EXERCISE	8:30-1:00 POOL CLOSED Classes	8:00-5:30 OPEN SWIM
9:00-12:00 POOL CLOSED Classes	9:00-11:00 POOL CLOSED Classes  11:00-12:00 ARTHRITIS WATER EXERCISE	9:00-12:00 POOL CLOSED Classes  11:00-12:00 OPEN SWIM	9:00-11:00 POOL CLOSED Classes  11:00-12:00 ARTHRITIS WATER EXERCISE	9:00-12:00 POOL CLOSED Classes / Programs		
12:00-1:00 OPEN SWIM	12:00-2:00 POOL CLOSED Classes	12:00-3:00 POOL CLOSED Classes	12:00-2:00 POOL CLOSED Classes	12:00-12:45 OPEN SWIM	1:00-5:30 OPEN SWIM	
1:00-3:00 POOL CLOSED Classes	2:00-3:30 OPEN SWIM		2:00-3:45 OPEN SWIM	12:45-2:00 POOL CLOSED Classes		
3:00-3:45 OPEN SWIM	3:30-6:00 POOL CLOSED Classes	3:00-3:45 OPEN SWIM	2:00-3:45 OPEN SWIM	2:00-3:45 OPEN SWIM		
3:45-5:45 POOL CLOSED Classes		3:45-6:30 POOL CLOSED Classes	3:45-6:00 POOL CLOSED Classes	3:45-5:30 POOL CLOSED Classes		
5:45-6:45 Breast Cancer Survivor Water Ex	6:00-9:00 OPEN SWIM	6:30-9:00 OPEN SWIM	6:00-9:00 OPEN SWIM	5:30-7:00 OPEN SWIM	5:30 POOL CLOSED	5:30 POOL CLOSED
6:45-9:00 OPEN SWIM				7:00 POOL CLOSED		
9:00 POOL CLOSED	9:00 POOL CLOSED	9:00 POOL CLOSED	9:00 POOL CLOSED			