

PROGRAM POOL - LAP SWIM SCHEDULE

Schedule valid: June 11, 2018 - August 26

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------|--------------------------|--------------------------|-------------------------|--------------------------|-------------------------|-------------------------|
| 7:15a-8:00a 5 lanes | 5:30a-6:00a 5 lanes | 5:30a-8:00a 5 lanes | 5:30a-6:00a 5 lanes | 5:30a-7:00a 5 lanes | 5:30a-6:00a 5 lanes | 7:15a-8:00a 5 lanes |
| 8:00a-11:00a 3 lanes | 6:00a-8:30a 3 lanes | 8:00a-8:45a 3 lanes | 6:00a-8:30a 3 lanes | 7:00a-8:45a 3 lanes | 6:00a-8:30a 3 lanes | 8:00a-11:15a 3 lanes |
| 11:00a-12:00p 2 lanes | 8:30a-10:30a 5 lanes | 8:45a-10:15a 5 lanes | 8:30a-1:00p 5 lanes | 8:45a-11:15a 5 lanes | 8:30a-1:00p 5 lanes | 11:15a-1:00p 2 lanes |
| 12:00p-4:30p 3 lanes | 10:30a-11:15a 3 lanes | 10:15a-12:00p 3 lanes | 1:00p-3:00p 3 lanes | 11:15a-12:00p 3 lanes | 1:00p-5:00p 2 lanes | 1:00p-4:30p 3 lanes |
| 4:30p-5:30p 5 lanes | 11:15a-1:00p 5 lanes | 12:00p-1:00p 5 lanes | 3:00p-7:00p 2 lanes | 12:00p-1:00p 5 lanes | 5:00p-5:30p 3 lanes | 4:30p-5:30p 5 lanes |
| 5:30p Closed | 1:00p-3:00p 3 lanes | 1:00p-3:00p 3 lanes | 7:00p-9:30p 5 lanes | 1:00p-7:30p 2 lanes | 5:30p Closed | 5:30p Closed |
| | 3:00p-7:00p 2 lanes | 3:00p-7:30p 2 lanes | 9:30p Closed | 7:30p-9:30p 5 lanes | | |
| | 7:00p-9:30p 5 lanes | 7:30p-9:30p 5 lanes | | 9:30p Closed | | |
| | 9:30p Closed | 9:30p Closed | | | | |

Open Swim Hours

Mon-Thurs: 3:00p-7:00p
 Friday: 3:00p-4:30p
 Sat/Sun: 12:30p-4:30p

Aquatic Exercise Hours

Monday: Aqua Aerobics 7:45a-8:30a
 Aqua Arthritis 12:15p-1:00p

Tuesday: Hydro H.A.T 8:00a-8:45a
 Aqua Zumba 11:15a-12:00p
 Aqua Arthritis 12:15p-1:00p

Wednesday: Aqua Aerobics 7:45a-8:30a
 Aqua Arthritis 12:15p-1:00p

Thursday: Hydro H.A.T 8:00a-8:45a
 Aqua Aerobics 11:15a-12:00p
 Aqua Arthritis 12:15p-1:00p

Friday: Aqua Zumba 8:00a-8:45a
 Aqua Arthritis 12:15p-1:00p

Saturday: Aqua Aerobics 11:15a-12:00p

Closures, Events, and Info:

- Swim caps are mandatory for anyone ages 3+.
- Private Swim Lessons are conducted throughout the day in one or two lanes as scheduled by the Aquatics Department.
- We offer community lifeguard classes year round. These may occupy lanes, as needed. Times & dates vary.
- **Lap Swim Program will take place all day. Lane closures will occur during other scheduled programs.**
- **Schedules are subject to change without notice.**
- **Pools will be closed August 27 - September 11 for annual drainage.**



914.366.7898
 371 South Broadway
 Tarrytown, NY 10591
www.shamesjcc.org



EH Updated: 6/27/2018

Move! Learn! Connect!

TRAINING POOL– SWIM SCHEDULE

Schedule valid: June 11, 2018 - August 26

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------------|--|--|--|--|--|--------------------------------------|
| 7:15a-8:00a Open Swim | 5:30a-9:30a Open Swim | 5:30a-9:30a Open Swim | 5:30a-9:30a Open Swim | 5:30a-9:30a Open Swim | 5:30a-9:30a Open Swim | 7:15a-8:00a Open Swim |
| 8:00a-12:30p Swim Lessons | 9:30a-11:30a Summer Camp | 8:00a-12:30p Swim Lessons |
| | 11:30a-12:15p Open Swim | |
| 12:30p-2:00p Open Swim | 12:15p-1:00p Aqua Arthritis | 12:30p-2:00p Open Swim |
| 2:00p-4:30p Pool Parties | 1:00p-3:00p Summer Camp | 2:00p-4:30p Pool Parties |
| 4:30p-5:30p Open Swim | 3:00p-4:00p Open Swim | 3:00p-4:00p Open Swim | 3:00p-4:00p Open Swim | 3:00p-4:00p Open Swim | 3:00p-4:00p Open Swim | 4:30p-5:30p Open Swim |
| 5:30p Closed | 4:00p-6:00p Swim Lessons | 4:00p-6:00p Swim Lessons | 4:00p-6:00p Swim Lessons | 4:00p-6:00p Swim Lessons | 4:00p-5:30p Swim Lessons | 5:30p Closed |
| | 6:00p-9:30p Open Swim | 6:00p-9:30p Open Swim | 6:00p-9:30p Open Swim | 6:00p-9:30p Open Swim | 5:30p Closed | |
| | 9:30p Closed | 9:30p Closed | 9:30p Closed | 9:30p Closed | | |

Closures, Events, and Info:

- Swim caps are mandatory for anyone ages 3+.
- Private Swim Lessons are conducted throughout the day scheduled by the Aquatics Department.
- **Training Pool is closed for swimming during Summer Camp, Aqua Arthritis classes, and Group Swim Lessons.**
- **Schedules are subject to change without notice.**
- **Pools will be closed August 27 - September 11 for annual drainage.**

Aquatic Exercise Hours

- Monday: Aqua Aerobics 7:45a-8:30a
Aqua Arthritis 12:15p-1:00p
- Tuesday: Hydro H.A.T 8:00a-8:45a
Aqua Zumba 11:15a-12:00p
Aqua Arthritis 12:15p-1:00p
- Wednesday: Aqua Aerobics 7:45a-8:30a
Aqua Arthritis 12:15p-1:00p
- Thursday: Hydro H.A.T 8:00a-8:45a
Aqua Aerobics 11:15a-12:00p
Aqua Arthritis 12:15p-1:00p
- Friday: Aqua Zumba 8:00a-8:45a
Aqua Arthritis 12:15p-1:00p
- Saturday: Aqua Aerobics 11:15a-12:00p

Pool may be reserved for Private Parties:

Saturday & Sunday
2:00p-3:00p



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