



Sussex County YMCA - Aquatics Schedule - FALL

9/7/10-1/2/11

Time	MON	TUES	WED	THURS	FRI	SAT	SUN
5:00 – 7:00AM	Circle Swim 5:00 - 7:00	Circle Swim 5:00 - 7:00	Circle Swim 5:00 - 7:00	Circle Swim 5:00 - 7:00	Circle Swim 5:00 - 7:00		
7:00 – 8:00 AM	Open Swim 7:00 - 9:00	Open Swim 7:00 - 9:00	Open Swim 7:00 - 9:00 Deep Water Exercise \$ 7:45-8:30	Open Swim 7:00 - 9:00	Open Swim 7:00 - 9:00 Deep	7:00 - 8:30 Swordfish Swim Team \$ & Circle Swim (2 Lanes)	
8:00 – 9:00 AM							8:00-9:30 Swordfish Swim Team \$ & Circle Swim (2 lanes)
9:00 – 10:00 AM	Water Aerobics 9:00 - 10:00	Arthritis Workout 9:00 - 9:45	Water Aerobics 9:00 - 10:00	Arthritis Workout 9:00 - 9:45	Water Aerobics 9:00 - 10:00	Youth Swim Programs \$ 9:00 - 12:00 No Lanes Available	
10:00–11:00 AM	Youth Swim Program \$ 10:00-12:00	Youth Swim Program \$ 10:00-12:00	Private Group \$	Youth Swim Program \$ 10:00-12:00	Adult Swim Class \$ Beg & Intermediate		Youth Swim Programs \$ 9:30 - 11:30 No Lanes Available
11:00–12:00 PM			Adaptive Aquatics 11:00 - 12:00		Adaptive Aquatics 11:00 - 12:00		
12:00 – 1:00 PM	Circle Swim	Circle Swim	Circle Swim	Circle Swim	Circle Swim	Water Aerobics & Guard Start	Adaptive Aquatics 11:30 - 12:30 (no lanes)
1:00 – 2:00 PM	SWIM INC	Yoga	Private Group \$	Private Group \$	Private Group \$	Family Swim & Circle Swim 1:00-4:15	Family Swim & Circle Swim 12:30-3:30
2:00 – 3:00 PM	Family Swim & Circle Swim 2:00 - 4:00	Deep Water Fitness* 2:00 - 2:45 2 lanes available	Family Swim & Circle Swim 2:00 - 4:00	Deep Water Fitness* 2:00 - 2:45 2 lanes available	Family Swim & Circle Swim 2:00 - 4:00		
3:00 – 4:00 PM		Family Swim & Circle Swim 3:00 - 4:00		Family Swim & Circle Swim 3:00 - 4:00			
4:00 – 5:00 PM	Youth Swim Program\$ 4:00-6:00 No Lanes Available	High School Swim Clinic\$ No lanes	High School Swim Clinic\$ No lanes	High School Swim Clinic\$ No lanes	Youth Swim Program\$ 4:00-5:30 No Lanes Available	4:15-5:45 Swordfish Swim Team \$ & Lap Swim 3 Lanes Each	Circle Swim 3:30- 4:45
5:00 – 6:00 PM		Swordfish Swim Team \$ 5:00-7:00 No Lanes Available	5:00-6:00 Family Swim & Youth Swim\$ No Lanes Available	Youth Swim Program\$ 5:00-7:00 No Lap Lanes Available			Youth Swim Program\$ 5:00-7:00 No Lap Lanes Available
6:00 – 7:00 PM	6:00-7:00 Water Aerobics/ Family Swim (Deep Only)		6:00-7:00 Water Aerobics/ Family Swim (Deep Only)				
7:00 – 8:00 PM	7-8:30 Swordfish Swim Team No Lanes Available	7:00 - 8:00 Family Swim & Circle Swim	7:00 - 8:00 Swordfish Swim Team No Lanes Available	7:00 - 8:00 Family Swim & Circle Swim	Family Swim 7:00 - 8:45 Lanes Available	CLOSED PRIVATE *Splash Party*\$ 6:00-8:00	
8:00 – 8:30 PM		Adult Fitness 8:00	Swordfish Swim Team & Circle Swim 8:15 - 9:30	Adult Fitness 8:00-9:00 Circle Swim 8:00 - 9:30			Adult Fitness 8:00-9:00 Circle Swim 8:00 - 9:30
8:30 – 9:30 PM	Circle Swim (3 lanes) 8:30 - 9:30	Circle Swim 8:00 - 9:30					

**\$ ADDITIONAL FEES REQUIRED FOR THESE CLASSES.
SWIM TEAM Begins September**