



Sussex County YMCA - Aquatics Schedule Spring 2

4/25/2011-6/18/2011

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	Open Swim 7:00 - 9:00	Open Swim 7:00 - 9:00	7:00 - 8:30 Circle Swim Silver Clinic\$ 8:00-9:30	8:00-9:00 Circle Swim
8:00 - 9:00 AM		Early Bird Water Fitness * 7:45-8:30		Early Bird Water Fitness * 7:45-8:30			
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	Youth Swim Programs \$ 9:00 -11:30 No Lanes Available
10:00-11:00 AM	Youth Swim Program \$ 10:00-12:00	Private Group\$ *call for lane availability	Private Group\$ *call for lane availability	Youth Swim Program\$ 10:00-12:00	Private Group\$ *call for lane availability		
11:00-12:00 PM		Private Group\$ *call for lane availability	Adaptive Aquatics \$ 11:00 - 12:00		Private Group\$ *call for lane availability		
12:00 - 1:00 PM	Circle Swim	Circle Swim	Circle Swim	Circle Swim	Circle Swim	Water Aerobics & Guard Start \$	
1:00 - 2:00 PM	SWIM INC	Yoga	Private Group\$ *call for lane availability	Private Group\$ *call for lane availability	Private Group\$ *call for lane availability	Family Swim & Circle Swim 1:00-4:15	Family Swim & Circle Swim 11:30-3:30
2:00 - 3:00 PM	Family Swim & Circle Swim 2:00 - 4:00	Deep Water Fitness* 2:00 - 2:45	Family Swim & Circle Swim 2:00 - 5:00	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 - 5:00		Family Swim & Circle Swim 3:00 - 4:30			
4:00 - 5:00 PM	Youth Swim Program\$ 4:00-6:00 Bronze Clinic\$ 5:00-6:00 No Lanes Available	Youth Swim Lessons & Circle Swim\$ 5:00-6:00	5:00-6:00 Family Swim & Bronze Clinic\$ No Lanes Available	Youth Swim Program\$ 4:30-7:00	Youth Swim Program\$ 4:00-6:00 No Lanes Available	4:15-5:45 Circle Swim	Circle Swim 3:30-4:45
5:00 - 6:00 PM							
6:00 - 7:00 PM	6:00-7:00 Water Aerobics/ Family Swim (Deep Only)	6:00 - 7:00 Family Swim 6/7/11 Splash Bash Private Group\$ No Lanes Available	6:00-7:00 Water Aerobics/ Family Swim (Deep Only)	6:30 Family Splash & Safety Lessons No Lanes Available	6:00-7:00 Gold Clinic \$ & Circle Swim	CLOSED PRIVATE Splash Party \$ 6:00-8:00	CLOSED PRIVATE Splash Party \$ 5:00-7:00
7:00 -8:00 PM	7-8:30 Youth Swim Program\$ Silver Clinic\$ No Lanes Available	7:00-8:00 Family Swim & Circle Swim	7:00 - 8:00 Youth Swim Program\$ & Sr Fit \$ No Lanes Available	7:00 - 8:00 Family Swim & Circle Swim	Family Swim & Circle Swim 7:00 - 8:45		
8:00 - 8:30 PM		Adult Fitness 8:00-9:00 Circle Swim 8:00 - 9:30	7-8:30 Silver Clinic\$ No Lanes Available	Adult Fitness 8:00-9:00 Circle Swim 8:00 - 9:30			
8:30 - 9:30 PM	Gold Clinic\$ Circle Swim (3 lanes) 8:30 - 9:30		Gold Clinic\$ Circle Swim (3 lanes) 8:30 - 9:30				

6/1/2011

\$ ADDITIONAL FEES REQUIRED FOR THESE CLASSES.

*** Volunteer Led Class**



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Family Swim/Open Swim

<u>Monday</u>		<u>Thursday</u>	
7:00-9:00am	3 lanes	7:00-9:00am	3 lanes - Limited Shallow end
9:00-10:00am	Deep end only		
2:00-4:00pm	4 lanes	9:00-10:00am	Deep end only
6:00-7:00pm	Deep end only	2:00-3:00 pm	shallow end only
<u>Tuesday</u>		<u>Friday</u>	
7:00-9:00am	3 lanes - limited shallow end	7:00-9:00am	3 lanes
9:00-10:00am	Deep end only	9:00-10:00am	Deep end only
2:00-3:00pm	shallow end only	2:00-4:00pm	4 lanes
3:00-5:00pm	3 lanes	7:00-8:45pm	4 lanes
6:00-7:00pm	2 lanes		
7:00-8:00pm	3 lanes	<u>Saturday</u>	
<u>Wednesday</u>		1:00-4:15pm	4 lanes
7:00-9:00am	3 lanes	<u>Sunday</u>	
9:00-10:00am	Deep end only	11:30-3:30pm	4 lanes
2:00-5:00pm	4 lanes		
5:00-6:00pm	2 lanes		
6:00-7:00	Deep end only		

Sussex County YMCA

15 Wits End Road * Hardyston * NJ 07419

(973) 209-9622 Fax (973) 209-1483

www.sussexcountymca.org

Circle Swim

Member demand for circle swimming varies & cannot be predicted.

Always stay to the right when circle swimming with 2 or more swimmers per lane. Please ask a guard for assistance if necessary.

<u>Monday</u>		<u>Thursday</u>	
5:00-7:00am	5 lanes	5:00-7:00am	5 lanes
7:00-9:00am	3 lanes	7:00-9:00am	3 lanes
10:00-12:00pm	2 lanes	10:00-12:00pm	2 lanes
12:00-1:00pm	5 lanes	12:00-1:00pm	5 lanes
2:00-4:00pm	2 lanes	1:00-2:00pm*	Call for availability
8:30-9:30pm	3 lanes	2:00-4:30pm	2lanes
<u>Tuesday</u>		7:00-9:30pm	3 lanes
5:00-7:00am	5 lanes	<u>Friday</u>	
7:00-9:00am	3 lanes	5:00-7:00am	5 lanes
10:00-12:00*	Call for availability	7:00-9:00am	3 lanes
12:00-1:00pm	5 lanes	10:00-12:00*	Call for availability
1:00-5:00pm	2 lanes	12:00-1:00pm	5 lanes
5:00-6:00pm	3 lanes	1:00-2:00pm*	Call for availability
7:00-8:00pm	2 lanes	2:00-4:00pm	2 lanes
8:00-9:30pm	3 lanes	6:00-8:45pm	2 lanes
<u>Wednesday</u>		<u>Saturday</u>	
5:00-7:00am	5 lanes	7:00-8:30am	2 lanes
7:00-9:00am	3 lanes	12:00-4:15pm	2 lanes
10:00-11:00am*	Call for availability	4:15-5:45 pm	3 lanes
11:00-12:00	2 lanes	<u>Sunday</u>	
12:00-1:00pm	5 lanes	8:00-9:00am	4 lanes
1:00-2:00pm*	Call for availability	11:30-3:30pm	2 lanes
2:00-5:00pm	2 lanes	3:30-4:45pm	5 lanes
6:00-7:00pm	2 lanes		
8:30-9:30pm	2 lanes		

A few common courtesies & basic rules for circle swimmers:

*Stay constantly aware of other swimmers' presence in your lane.

*Communicate with your fellow swimmers & advise when entering a lane.

*Apply common sense & respect for others at all times.

*Please refer to the Aquatic Section of the Website for Circle Swim Etiquette

6/1/2011