

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 8:15a-9:00a
 Aqua Arthritis 12:15p-1:00p

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

*Aqua Zumba starts week of 6/18/18.

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: 6/8/2018

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	9:30a-11:30a Summer Camp	9:30a-11:30a Summer Camp	9:30a-11:30a Summer Camp	9:30a-11:30a Summer Camp	8:00a-12:30p Swim Lessons
12:30p-2:00p Open Swim	11:30a-12:15p Open Swim	11:30a-12:15p Open Swim	11:30a-12:15p Open Swim	11:30a-12:15p Open Swim	11:30a-12:15p Open Swim	12:30p-2:00p Open Swim
2:00p-4:30p Pool Parties	12:15p-1:00p Aqua Arthritis	12:15p-1:00p Aqua Arthritis	12:15p-1:00p Aqua Arthritis	12:15p-1:00p Aqua Arthritis	12:15p-1:00p Aqua Arthritis	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 8:15a-9:00a
Aqua Arthritis 12:15p-1:00p

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

*Aqua Zumba starts week of 6/18/18.

Pool may be reserved for Private Parties:

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



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