

# PROGRAM POOL - LAP SWIM SCHEDULE

Schedule valid: November 12 - January 13

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15a-7:45a 5 Lanes	5:30a-6:00a 5 Lanes	5:30a-7:45a 5 Lanes	5:30a-6:00a 5 Lanes	5:30a-7:45a 5 Lanes	5:30a-6:00a 5 Lanes	7:15a-7:45a 5 Lanes
7:45a-4:30p 3 Lanes	6:00a-8:30a 3 Lanes	7:45a-12:00p 3 Lanes	6:00a-12:00p 3 Lanes	7:45a-12:00p 3 Lanes	6:00a-9:00a 3 Lanes	7:45a-4:30p 3 Lanes
4:30p-5:30p 4 Lanes	8:30a-4:00p 4 Lanes	12:00p-4:00p 4 Lanes	12:00p-4:00p 4 Lanes	12:00p-4:00p 4 Lanes	9:00a-2:00p 4 Lanes	4:30p-5:30p 4 Lanes
<b>5:30p Closed</b>	4:00p-6:00p Swim Team Only	4:00p-7:30p 3 Lanes	4:00p-6:00p Swim Team Only	4:00p-7:30p 3 Lanes	2:00p-4:00p 3 Lanes	<b>5:30p Closed</b>
	6:00p-7:00p 3 Lanes	7:30p-9:30p 5 Lanes	6:00p-7:30p 3 Lanes	7:30p-9:30p 5 Lanes	4:00p-5:30p Swim Team Only	
	7:00p-9:30p 5 Lanes	<b>9:30p Closed</b>	7:00p-9:30p 5 Lanes	<b>9:30p Closed</b>	<b>5:30p Closed</b>	
	<b>9:30p Closed</b>		<b>9:30p Closed</b>			

## 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  
Deep H2O HIIT 11:15a-12:00p  
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+. Swim caps sold at front desk and Aquatics Office.
- 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 swimming is scheduled around other aquatic programs.**
- **September – March, pool is closed from 4:00p-6:00p for swim team practice and group swim lessons.**
- **In order to accommodate our full array of programming, schedules are subject to change without notice.**



914.366.7898  
371 South Broadway  
Tarrytown, NY 10591  
[www.shamesjcc.org](http://www.shamesjcc.org)



EH Updated: 11/6/2018

**Move! Learn!  
Connect!**

# TRAINING POOL– SWIM SCHEDULE

Schedule valid: November 12 - January 13

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15a-8:00a Open Swim	5:30a-9:00a Open Swim	5:30a-12:15p Open Swim	5:30a-10:15p Open Swim	5:30a-9:00a Open Swim	5:30a-12:15p Open Swim	7:15a-8:00a Open Swim
8:00a-12:00p Swim Lessons	9:00a-9:45a Aqua Jogging	12:15p-1:00p Aqua Arthritis	10:15a-11:00a Aqua Jogging	9:00a-9:45a Aqua Jogging	12:15p-1:00p Aqua Arthritis	8:00a-12:15p Swim Lessons
12:00p-12:45p Aqua Jogging	9:45a-12:15p Open Swim	1:00p-4:00p Open Swim	11:00a-12:15p Open Swim	9:45a-12:15p Open Swim	1:00p-3:00p Open Swim	12:15p-1:00p Aqua Jogging
12:45p-2:00p Open Swim	12:15p-1:00p Aqua Arthritis	4:00p-6:00p Swim Lessons	12:15p-1:00p Aqua Arthritis	12:15p-1:00p Aqua Arthritis	3:00p-4:00p Aqua Jogging	1:00p-2:00p Open Swim
2:00p-4:30p Pool Parties	1:00p-4:00p Open Swim	5:30p-6:15p Aqua Jogging	1:00p-4:00p Open Swim	1:00p-4:00p Open Swim	4:00p-5:30p Swim Lessons	2:00p-4:30p Pool Parties
4:30p-5:30p Open Swim	4:00p-6:00p Swim Lessons	6:15p-9:30p Open Swim	4:00p-6:00p Swim Lessons	4:00p-6:00p Swim Lessons	5:30p Closed	4:30p-5:30p Open Swim
5:30p Closed	6:00p-9:30p Open Swim	9:30p Closed	6:00p-9:30p Open Swim	6:00p-9:30p Open Swim		5:30p Closed
	9:30p Closed		9:30p Closed	9:30p Closed		

## 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  
Deep H2O HIIT 11:15a-12:00p  
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+. Swim caps sold at front desk and Aquatics Office.
- Private Swim Lessons are conducted throughout the day scheduled by the Aquatics Department.
- Training Pool is closed for swimming during Aqua Arthritis classes and Group Swim Lessons.
- September – March, pool is closed from 4:00p-6:00p for swim team practice and Group Swim Lessons.
- In order to accommodate our full array of programming, schedules are subject to change without notice.

Pool may be reserved  
for Private Parties:

Saturday & Sunday  
2:00p-4:30p



914.366.7898  
371 South Broadway  
Tarrytown, NY 10591  
[www.shamesjcc.org](http://www.shamesjcc.org)



EH Updated: 11/6/2018

Move! Learn!  
Connect!